

Carpal tunnel release

- Carpal tunnel surgery typically takes 5 to 7 minutes to complete.
- During the procedure the transverse carpal ligament is cut to access the median nerve, this takes approximately 3 months to heal. During that 3-month postoperative period you will typically experience what is called "pillar pain". This is pain to the palm surrounding the incisional area when pressure is applied.
- Incision is closed with nonabsorbable sutures that will be removed at your 2-week postop visit.
- During procedure incisional site is closed and covered with gauze and Ace wrap. The gauze and wrap are to be left in place for 3 days. After 3 days this can be removed, and you can shower as usual with water and soap. After hygiene please replace with a small bandage of your choosing.
- DO NOT put any alcohol, hydrogen peroxide, Neosporin, Aquaphor, or any other ointments to the incisional area. Only soap and water to the area.
- No heavy lifting greater than a cell phone, coffee cup, water bottle. Lifting greater than this weight can begin at 3 to 4 weeks after procedure once the wound is healed.
- During the postoperative period around the 4 to 6-week mark after surgery you can have "reawakening symptoms" which include hypersensitivity in the distribution of the median nerve and will dissipate as the nerve heals.
- Numbness and tingling can take up to a year to 18 months to resolve completely as the median nerve only grows approximately 1 mm a day. Generally, the first symptoms to go away are nighttime symptoms.

Narcotic policy:

1. Pain medications will be supplied for perioperative care from time of surgery and will be determined by provider but will not exceed 3 months.
2. Unless you are already a patient to an existing pain management contract, we require that you not receive any additional pain medications from any other providers. If you are in a pain contract you must reach out to the pain management doctor when planning surgical procedure.
3. Must receive prescriptions from only 1 pharmacy.
4. Understand that prescriptions lost, stolen, accidentally disposed of or consumed before the appropriate date of refill will not be refilled.
5. We will not refill narcotic drugs after hours or on the weekend. No exceptions. Refill request will be processed Monday through Thursday 8 AM to 4 PM and Friday 8 AM to 2 PM.
6. Prescription refill request must be submitted either via phone or MyChart to your provider's office. Refills may take up to 40 hours to be filled.