

# What to Expect:

## Ultrasound-Guided Carpal Tunnel Release

By Johnny T. Nelson, MD | [www.RaleighUpperEx.com](http://www.RaleighUpperEx.com) | 919.872.5296

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## Surgery Scheduling

- **Our office will call you** to find a date that works well for you
  - Usually within 2-3 business days of your office visit with Dr. Nelson
- Once the procedure is scheduled and the date draws near, **expect a call** from the hospital or surgery center where the procedure is taking place
  - The call will come usually 1-2 days before the procedure
  - They will tell you when to arrive, where to park
  - They will tell you what and what not to wear
  - **YES, YOU CAN HAVE BREAKFAST** on the morning of the procedure, even if the hospital tells you to stop eating and drinking after midnight the night before surgery
- If you are only having one hand done, you may drive yourself to and from the surgery
- Clearance from other doctors or stopping blood thinners is typically not necessary

## The Day of Surgery

- After you are checked in at the hospital or surgery center, multiple nurses and providers may ask you many questions
  - This is for your own safety and for documentation purposes...please be patient!
- Dr. Nelson will greet you, confirm the plan and which side will be worked on, and mark your wrist(s)
- Ultrasound-guided carpal tunnel release is done **WITHOUT ANESTHESIA**
  - This **DOES NOT** mean you will feel pain!! Dr. Nelson numbs the area being worked on.
  - There will be no IV, no tubes down your throat, and no sleeping medicines
- After the procedure, the nursing staff will quickly check your vitals, give you some simple instructions and answer your questions, and then you are free to go home

## After Surgery

- Some patients may have mild throbbing after the numbing medicine wears off
  - You can **elevate the operated hand** above your heart until this subsides in 1-2 days
- It is normal to have bruising, swelling, and tenderness at the base of your palm
- **Pain Control**
  - Narcotics are not necessary or prescribed for this procedure!
  - Dr. Nelson recommends alternating ibuprofen (Advil/Motrin are trade names) and acetaminophen (Tylenol is trade name) as long as OK with your primary doctor
- Dressings/Wound Care
  - Remove your outer wrap 2 DAYS after the procedure, but try and leave the small paper strips in place and cover them with a band-aid
  - After removing outer wrap, you can get back to washing/bathing immediately
- Followup Visit
  - If you have time, Dr. Nelson encourages you to return in 10-14 days for a quick followup visit to make sure everything is healing well and that your symptoms of carpal tunnel are improving

