Darin W. Allred, MD
ORTHOPEDIC SURGERY & SPORTS MEDICINE

Ultrasound-Guided Minimally Invasive (Sonex) Post-Op Instructions

Minimally invasive carpal tunnel release.

Food

Eat what you want.

Dressing

Sometimes we apply the dressing very tightly after surgery. Feel free to unwrap and re-wrap it after an hour or two to make yourself more comfortable. You may remove the dressing and apply Band-Aids (or another dressing of your choice) after 48 hours. Keep the dressing and incision dry for 48 hours; after that it may get wet, but do not soak it or get it dirty until it heals (usually 2–3 weeks).

Activity

Keep your hand elevated for 24 hours to reduce swelling and pain. You may do anything your pain allows. Most people return to light duties in about 2 days, and many return to heavy activity in about 4 days — though it can take as long as 4 weeks.

Blood Clots

Blood clots are rare after upper-extremity surgery.

Swelling

The best way to reduce swelling is to elevate your hand. Ice also helps if you do not have a cast or splint.

Physical Therapy

You will not need physical therapy. I do want you to stretch and move your hand as much as you can tolerate after surgery.

Medications

For the best pain control, alternate over-the-counter ibuprofen and Tylenol — for example, take regular Tylenol, then ibuprofen 2 hours later. Do not take more than the daily dose shown on the label for either one.

Narcotics

Narcotics are not needed after this procedure.

Numbness

Numbness lasts a few hours after surgery. If your numbness does not improve after a few days, please make an appointment for evaluation.

Post Operative Visits

Make an appointment 4 weeks after surgery if you'd like. Most people do not need to follow up.

When to Call / Emergencies

Call the office or go to the ER if you experience any of the following:

- Increased redness at incision site
- Pain that is uncontrolled and increasing over hours
- Uncontrolled bleeding
- Fever > 101.5°F or shaking chills
- Painful swelling

If this is a life-threatening emergency, call 911.