



Dellon Institute for Peripheral Nerve Surgery

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POSTOPERATIVE INSTRUCTIONS

Upper Extremity Surgery (Carpal tunnel, cubital tunnel, radial tunnel & various neuroma resections)

- Keep dressing clean and dry.
- Please call to make an appointment for bandage removal.
- Cubital tunnel surgery patients: Support your arm with an arm sling while sleeping or walking outside of the house for about 7 days after surgery. There is no need to use an arm sling while at home.
- All patients should slowly flex and extend their fingers and elbow from time to time to avoid stiffness. This should be slow and gentle so you do not tear your stitches. Do not lift more than 3 pounds for the first 6 weeks.
- Dressing should be removed 1 week (6-8 days) after surgery.
- Once bandages are removed, you can shower and wash with mild soap and warm water. Slowly advance use of the hand.
- Sutures are removed about 2 weeks (14 - 17 days) after surgery. Some incisions will be sealed with skin glue and will not need suture removal.
- A numbing medication was used in the operative field for better postop pain control, so you can sometimes feel numbness in this area or distal to it. This is normal and resolves within 24 hours of surgery. Some of the numbness is due to removal or neuromas, and that is expected.
- Patients requiring nerve resection for painful neuroma should remember that most patients have reduced pain right after the surgery, but some can experience the same or even worse pain. These variations are all normal.
- As the swelling progresses during the first week, and stays for an additional 1-3 weeks or so, you could still experience pain in the operative field and this is normal. If you had neuromas resected, you are instructed not to push in the areas around the surgery because the live resected end of the nerve needs to be allowed to settle down without unnecessary external stimulation.
- Regarding your postop pain medication regimen, you should continue taking all your usual medications, especially if you were on neuropathic pain medications before surgery. In that case, your pain management doctor should help you to slowly taper your medications in 2 or 3 months.

THE DELLON INSTITUTE

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