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DISCHARGE INSTRUCTIONS FOR CARPAL TUNNEL SURGERY

1. **FOLLOW UP:** You will need to call Kelly at 327-5621 to arrange an office appointment between ten and fourteen days from today to remove your stitches.
2. **WOUND CARE:** The dressing that you have on right now should stay on for four days. You can then unwrap it and remove it. At that point get the wound is wet if necessary. After getting it wet make sure to dry it well. You will probably want to keep a light dressing covering the suture line until I remove the stitches. Generally a large Band-Aid that is available locally is enough to do it and a small application of Neosporin or Bacitracin antibiotic ointment once a day would be in your best interest.
3. **ACTIVITY RESTRICTION:** You can use the hand and fingers as much as you want but try to avoid the aforementioned impact aspects. For specific return to work issues and activity restrictions we will address in the office on follow up.

Try hard not to cause impact or pressure on the incisional line for up to a month after surgery.

After the sutures are removed realize that although there is another line of stitches deep in the skin it is somewhat vulnerable to stretch and if you put a lot of pressure on an outstretched palm you could tear those sutures. Do try to prevent that.

4. **MEDICATIONS:** Your discharge medications will be antiinflammatory medicines such as ibuprofen or Aleve and should be taken for a couple of weeks after surgery to help the pain. You will have a narcotic medication available to be taken for severe pain if necessary. Obviously, you cannot drive or work if taking the narcotic.