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## Discharge Instructions for Carpal Tunnel Release

Name: \_\_\_\_\_

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*Neurosurgery*

**Medications:** Take any medications only as directed.

- If you experience constipation while taking a narcotic pain reliever, begin using an over-the-counter laxative.

**Diet:**

- Resume whatever diet you were on before surgery (e.g., unrestricted, diabetic, low sodium, etc.)

**Activity:**

- Please refrain from heavy lifting or repetitive use of your hand for 4-6 weeks after surgery.
- Walking is a good exercise. Go for at least four short walks a day, even if inside your home.
- Do not drive if you have had any pain medication within four hours. You may ride in a car as a passenger as much as tolerated.
- The following exercises should be done after your dressings are removed. Please do these 3 times a day for the next 2-3 weeks.

**Wound Care:**

- Call the office if you have drainage from your wound, separation of wound edges, or increased pain, redness or swelling.
- Call the office if you have an elevated temperature (101 F or greater).
- You may shower at any time, but do not soak the incision in a tub or pool until your sutures have been removed. Dry the incision by blotting, not rubbing.
- You may remove the ace bandage and dressing after 48 hours.
- Your sutures will be removed at your follow-up appointment which is scheduled below.

**Follow-up:** Date: \_\_\_\_\_ Time: \_\_\_\_\_ With:

- David W. Lowry, MD
- Adam Kremer, MD
- Scott M. Tuinstra, PA-C
- Jefferson Alferink, PA-C