

POST-OPERATIVE INSTRUCTIONS CARPAL TUNNEL SURGERY

KEEP THE AFFECTED ARM ELEVATED, CLEAN, AND DRY.

YOU MAY LOOSEN THE ACE WRAP AND DRESSING IF IT FEELS TIGHT

**YOU MAY REMOVE THE DRESSING AFTER 2-3 DAYS AND CLEAN THE
INCISION WITH PEROXIDE DAILY. REDRESS WITH GAUZE AND
REWRAP WITH ACE WRAP AFTER CLEANING.**

**FOR BATHING: COVER DRESSING WITH WATERPROOF BAG FOR FIRST
2-3 DAYS. AFTER THIS, COVER WOUND WITH WATERPROOF BANDAGE
WHILE BATHING UNTIL SUTURES ARE REMOVED.**

**YOU MAY MOVE YOUR WRIST, HAND AND FINGERS AS TOLERATED
WITH THE DRESSING ON. NO HEAVY LIFTING, BUT NORMAL
ACTIVITIES OF EVERYDAY LIVING WITHIN YOUR TOLERANCE IS
ENCOURAGED.**

A SMALL AMOUNT OF BLOOD ON THE DRESSING IS NOT UNUSUAL.

FOLLOWUP APPOINTMENT: _____

**MEDICATIONS: FOR PAIN _____ ONE PILL EVERY 4-6 HRS
AS NEEDED/TAKE WITH FOOD**

FOR INFLAMMATION _____

**CALL FOR ANY PROBLEMS: EDWIN L. FERREN, M.D.
(936) 564-2401 / (800) 553-8709**