



## MICHAEL J. DORSI, MD

Ventura County Neurosurgical Associates Medical Group

168 N. Brent St., Suite 408

Ventura, CA 93003

Office: (805) 643-2179 Fax: (805) 643-0672

### CARPAL TUNNEL RELEASE DISCHARGE INSTRUCTIONS

WOUND CARE: Your incision has been closed with nylon sutures. These will remain in place for 10-14 days. Remove the outer bandage and padding on the morning after surgery. The underlying bandage may be removed 48 hours after surgery. Keep the incision dry for 48 hrs after surgery. Do not scrub or scratch the incision. Apply Neosporin to the incision twice daily once the bandage has been removed.

Notify Dr. Dorsi if you notice redness, swelling, or drainage from the incision.

MEDICATIONS: Continue all medications that were prescribed prior to surgery.

New Prescriptions: Vicodin 5/500mg take 1-2 tablets every 4 hrs if needed for pain

Over the counter: Motrin 600mg every 8hrs as needed for pain

ACTIVITY: Avoid bending the wrist for the first 10 days after surgery. Make sure to keep the fingers mobile and active. Avoid lifting over five pounds with the affected hand.

FOLLOW-UP: You are scheduled to see Dr. Dorsi for suture removal on \_\_\_\_\_

**IF ANY NEW CONCERNS OR QUESTIONS ARISE, PLEASE DO NOT HESITATE TO CONTACT DR. DORSI.**