



Discharge Instructions
Carpal Tunnel Release Surgery

Dr. Brett Greenky

Dr. Seth Greenky

1. Keep hand elevated for the first 48 hours following your surgery. Apply ice to palm as needed for the first 48 hours which will help with the swelling and pain.
2. You may use your hand as tolerated immediately following your surgery. Avoid heavy lifting and repetitive movement.
3. Dressing care: The elastic bandage may be removed 4 days after the surgery. If your incision is clean and dry, you may leave it open to air. If there is some drainage, you may apply a Band-Aid until dry.
4. Avoid getting your incision wet until your stitches are removed in the office.
5. Follow up appointment in the office in 7-10 days.
6. You may take Ibuprofen or Motrin 600 mg every 8 hours for the first several days following surgery. You may supplement this with the pain medicine prescribed if the pain is not tolerable with the Ibuprofen/Motrin alone.
7. If there are any problems, such as increasing numbness, excessive pain, and/or excessive drainage call the office where you are normally seen.