

CARPAL TUNNEL RELEASE DISCHARGE INSTRUCTIONS

- Procedure is done under local anesthesia.
- DO NOT remove the outer dressing / splint, this will be done at your first post-operative appointment.
- After your first post-operative appointment, you may get the stitches wet in the shower, do not soak in water.
- DO NOT apply Neosporin, cream, or ointments to the stitches.
- You may clean with peroxide after your dressing is removed.

It is normal to feel some pain and swelling after the operation, but call our office if you experience:

- Fever above 101 F
- If area becomes extremely red or you have drainage

Please call our office if you have any questions: **(912) 644-5331** or **(800) 827-6536**