

Douglas Abeles, M.D.
21030 Redwood Road
Castro Valley, CA 94546
(510) 538- 0430

Carpal Tunnel Surgery Patient Discharge Instructions

Following surgery, it is important that you carefully follow instructions to prevent possible complications and assure the best possible surgical results. The following instructions will be useful to you.

1. Keep hand elevated. Wear your arm sling when up.
2. Do not remove your bandages or allow them to get wet.
3. Apply ice therapy for 30 minutes every hour while awake for first 3 days. Apply as needed thereafter.
4. Perform hand exercises: 10 repetitions of every hour while awake.
 - a. "The Wave"
 - b. "The Claw"
5. Eat a balanced regular diet.
6. Take all medications as directed. Do not mix with alcohol or drive after taking pain medications
7. Call the office immediately (**510-538-0430**) if you notice any of the following:
 - a. Pain not relieved by medication and ice therapy.
 - b. Pain getting progressively worse after the first 24 hours.
 - c. Uncontrollable bleeding.
 - d. Fever over 100 degrees, chills or red streaks on hand or arm.
 - e. Wet bandages.

Your return appointment is for _____

Patient Signature

Date

Witness

Date