

Date: [Insert Date]

Patient Name: [Insert Patient Name]

Date of Birth: [Insert DOB]

Procedure: Carpal Tunnel Release (Right/Left/Bilateral)

Discharge Instructions

Wound Care:

- Keep your bandage clean and dry until your follow-up appointment.
- Do not submerge the hand in water (baths, pools, or washing dishes).
- If a plastic bag is used for showering, ensure no water leaks onto the dressing.

Activity and Elevation:

- Keep your hand elevated above the level of your heart for the first 48 hours to reduce swelling.
- Wiggle your fingers frequently to maintain circulation and reduce stiffness.
- Avoid heavy lifting, pulling, or repetitive gripping with the affected hand until cleared by your surgeon.

Medication:

- Take prescribed pain medication as directed.
- If you were prescribed antibiotics, complete the entire course.

When to Call the Doctor:

Contact the clinic immediately or seek medical attention if you experience:

- Fever higher than 101F (38.3C).
- Sudden, severe pain not relieved by medication.
- Excessive bleeding or drainage through the bandage.
- Numbness or tingling that is significantly worse than before surgery.
- Extreme swelling or a blue/purple color in the fingers.

Follow-Up Appointment:

Your follow-up appointment is scheduled for: **[Date and Time]** at **[Location]**.

Sincerely,

[Doctor/Surgeon Name]
[Facility Name]
[Contact Phone Number]