Discharge Summary: Carpal Tunnel Release Recovery

Patient Name: [Patient Name]

Date of Surgery: [Date]

Surgeon: [Surgeon Name]

Wound Care

Keep your bandage clean and dry. Do not remove the surgical dressing until [Date/Time]. You may shower after [Number] days, but do not submerge your hand in water (baths or swimming) until the stitches are removed.

Activity Restrictions

- 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.
- Do not lift anything heavier than a cup of coffee with the affected hand for [Number] weeks.
- Avoid repetitive gripping, pulling, or pushing motions.

Pain Management

Take prescribed pain medications exactly as directed. If you were not given a prescription, you may take over-the-counter Ibuprofen or Acetaminophen as needed, unless otherwise advised by your doctor.

Follow-up Appointment

Your follow-up appointment for suture removal is scheduled for:

Date: [Follow-up Date]
Time: [Follow-up Time]
Location: [Clinic Address]

When to Call the Doctor

Contact the office immediately if you experience:

- Fever over 101F (38.3C).
- Excessive bleeding or drainage from the incision.
- Increased pain that is not relieved by medication.
- Numbness or tingling that is significantly worse than before surgery.
- Extreme swelling, coldness, or blue color in the fingers.

Emergency Contact Number: [Phone Number]