



# Specialists in Spine Surgery

2300 Haggerty Rd., Ste. 2100 • W. Bloomfield, MI 48323

Miles L. Singer, DO, FACOS, FAOAO  
Stanley S. Lee, MD

West Bloomfield  
Southfield • Ann Arbor

Office: 248.926.1960  
Fax: 248.926.1970  
[www.spinedocs.info](http://www.spinedocs.info)

## DISCHARGE INSTRUCTIONS CARPAL TUNNEL SURGERY

When you get home, place ice on the wrist for up to four hours. This will decrease your discomfort and decrease swelling. You should apply ice to your surgical site (do not remove the bandages) for 20 minutes every two to three hours as needed for up to two days after surgery. Keep the arm elevated on a pillow when sitting or lying down for 2 days. You may resume your regular diet as tolerated.

Two days after surgery you may remove the ace wrap. Reapply the ace wrap if you are going out of the house.

Remove the white gauze bandage the fifth day after surgery. Cleanse the incision with diluted peroxide or water. Keep a bandage over the incision when up and around. Keep the incision dry for five days. If it does get wet, pat it dry and leave open to air for 30 minutes. If there is some drainage, cleanse the incision at least three times daily with diluted peroxide and cover with a light gauze dressing.

It is normal to experience numbness and some incisional swelling and pain. Take pain medications as needed. Treat thumb tenderness or pain with ibuprofen or other anti-inflammatory medications.

You should be careful with the hand. You should not drive for one week. You should not be doing any lifting, opening/closing doors or any strenuous activity at all. You may move the fingers and lightly open and close your hand to tolerance. You are encouraged to use your hand for light activity such as playing with soft silly putty. This is in effect until you are seen in the office in 8-15 days. Call for your appointment for your sutures to be removed.

If any increasing pain at the incision site or any redness develops, please contact the office during business hours for advice. It is OK to take pain meds, resume icing the area, and elevate the arm until you can discuss the changes with someone in the office. Elevated temperature over 101 F and increasing severe soreness or pain are reasons to reach your doctor's office, the doctor, or the emergency room as soon as possible.

You may be placed on antibiotics following your procedure. If so, you must finish the course the way that you have been instructed on the prescription bottle.

Call the office for an appointment 8-15 days after your surgery.

**(248) 926-1960**