

CARPAL TUNNEL

1. Keep the operated hand elevated.

2. Take the medication.
 - Tylenol extra strong every 4 hours.
 - You can also take Advil extra strong every 6-8 hours.
 - Prescribed painkillers every 3-4 jours for 48 hours.After 48 hours, depending on the pain.

3. Do not touch or wet the bandage for 48 hours.

4. Take off the bandage after 2 days and replace by a bandaid.

5. After 2 days, you can wash but do not soak the hand.

6. Take an appointment for a follow up after 2 weeks.

7. The stitches are absorbable.

8. Call the appointment center at 450-473-1454 to take your follow-up appointment.