

phil h. berry, jr., m.d.
miguel a. hernandez, III, m.d.
ray f. aronowitz, m.d.
david a. heck, m.d.
zachary kelley, m.d.
alexander cho, m.d.
jason k. lowry, md
jon e. nathanson, d.p.m.



810 north zang blvd.
dallas, tx 75208-4233
telephone (214) 941-4243
fax (214) 941-1153

www.TheBoneDocs.com
www.jasonlowrymd.com

2800 east broad st, suite 510
mansfield, tx 76063
telephone (817) 453-3500
fax (817) 453-3820

Dr. Lowry's Post-Op Instructions **Carpal Tunnel Release**

Patient Name:

1. Do not remove your splint/dressings until I see you in clinic.
2. Keep your right hand elevated at or, preferably, above heart level. This will dramatically help to decrease the expected swelling in your fingers/hand/arm. Remember: you can't elevate your hand too much & gravity is your enemy.
3. Apply two properly sealed ice packs to your hand/arm for 72 hours after your surgery. Large zip lock bags or small plastic trash bags work the best. Place one under & the other on top of the area. The key is to not get your splint/dressings wet. If you do, please call our clinic immediately.
4. Keep your splint covered with a plastic trash bag during showers. Again, do whatever it takes to not get your splint/dressings wet.
5. I encourage you to move your fingers as much as you can tolerate. This will help to decrease stiffness & swelling. A soft, squeeze ball is a very effective tool for this.
6. Please make a follow-up appointment for 10-14 days after surgery.

If you have any other questions or concerns please call my clinic.

Sincerely,

A handwritten signature in blue ink, appearing to read "J. Lowry", with a stylized flourish at the end.

Dr. Jason K. Lowry, MD FAAOS