

**Jason K. Lowry, MD FAAOS**

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DATE:



**ARLINGTON ORTHOPEDIC  
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**LIFE IN FULL MOTION**

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## **Dr. Lowry's Post-Op Instructions** **Left/Right Carpal Tunnel Release**

1. Do not remove your splint/dressings until I see you in clinic.
2. Keep your 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,

Dr. Jason K. Lowry, MD FAAOS,1