**ELECTRONIC COMMUNICATION IF YOU HAD CARPAL TUNNEL RELEASE SURGERY:**

Dr. Bamberger and team understand that our typical patients include hardworking professionals, parents, and seniors who may find it difficult to add multiple doctor visits to their schedule in today's already busy world. By popular request we are now offering a solution to limit the number of trips you are required to make to our office after your carpal tunnel release surgery, while still being able to monitor and provide you with quality care.

- Typically for Carpal Tunnel surgery we would ask that you keep your original surgical dressing on for the first week. After one week you can take this dressing off and wash your hand with DIAL anti-bacterial pump soap. You may also use a mixture of ½ hydrogen peroxide and ½ tap water to clean the surgical site.
- We DO NOT recommend using any type of Neosporin or bacitracin type of products on your incision as these tend to cause irritation.
- You may notice purplish blue marker around your incision where the surgeon has marked before operating, this sometimes bleeds in to the dissolvable sutures and will fade over time, do not expect to get all the marker off the first time washing your hands.
- It is normal for some sutures to come undone, fall off, or dissolve.
- Allow the Area to Dry completely before re-applying band-aid.
- Any sutures that are not dissolvable or have not dissolved within 10-14 days will be removed around 2 weeks at your follow up visit.

**ONE WEEK AFTER SURGERY SEND AN EMAIL TO:** JWARNER@OASWO.COM

Include:

- Your first and last name
- 2 pictures of the hand that was operated on
    - Making a fist
    - Showing your incision

EXAMPLE:

