

925 Gessner
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Houston, Texas 77024
713-464-6245

DISCHARGE INSTRUCTIONS FOR DR. MORADI'S PATIENTS:
CARPAL TUNNEL RELEASE



1. Please call the office and make an appointment with Dr. Moradi for the next 24 - 48 hours after the date of surgery.
2. Patients may shower, but keep the incision/dressing **clean and dry for 48 hours**.
3. Please refrain from excessive use of the operated hand for **2 weeks**. Holding papers is okay, but no housework, picking up children, at computer/typing for extended period of time.
4. Keep the incision **clean and dry**. Do not put any medications on the incision. **Please call the office if you notice any of the following:** 1) skin color change around the incision. A bluish hue to the palm can be normal/expected. 2) drainage from the incision, 3) fever, 4) fluid collection around the incision/palm. The office number is (713)-464-6245, and the answering service can also reach Dr. Moradi.
5. You can resume your previously prescribed medications after surgery.

