



NEUROSURGERY

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Dr. Hirsch Carpal Tunnel Release and Ulnar Transposition Post-Operative Instructions

Wound Care

- Change bandage daily or more often if needed
- No bandage is needed once there is no drainage from the incision
- Clean incision daily with a solution of diluted hydrogen peroxide (half water, half peroxide)
- Call the office if there is any sign of wound infection
 - Excessive redness and swelling surrounding incision, purulent drainage (pus) with a foul odor

Medications

- No anticoagulation or antiplatelet medications (blood thinners) for 1 week after surgery
 - Aspirin, Coumadin (warfarin), Eliquis (apixaban), Xarelto (rivaroxaban), Pradaxa (dabigatran), Plavix (clopidogrel), Brilinta (ticagrelor), Effient (prasugrel) are some of the most common. Please contact your doctor or pharmacist if you are unsure if one of your medications is in this category
- Most patients are prescribed pain medication for postoperative pain. The prescription for narcotic pain medications is expected to last the patient through the immediate postoperative period and is generally not refilled.

Activity

- Ok to be up and around, walking, light activity
- No chores, heavy lifting, strenuous activity