



DR. MOHAMMAD JONDY

Board Certified Sports Medicine & Family Medicine  
170 W. Genesee St. Frankenmuth, MI 48734 Ph: (989) 652-7344  
4272 W. Vienna Rd. Clio, MI 48420 Ph: (810) 547-1681

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## **Sonex Carpal Tunnel Release with Ultrasound Guidance** **DISCHARGE INSTRUCTIONS**

You have had an Ultrasound guided, micro-invasive carpal tunnel release done using the SX-One MicroKnife. This procedure helps ease the symptoms of moderate to severe carpal tunnel syndrome and is performed through a small incision with minimal discomfort and a faster recovery time.

### **Home Care:**

- Do not grip objects tightly or lift with your affected arm.
- Wear your bandage or splint as directed by your doctor.
- Always keep the dressing or splint dry and clean.
- When showering, cover your hand and wrist with plastic and use tape or rubber bands to secure the plastic and keep the dressing dry.
- Shower as needed
- Use an ice pack, bag of frozen peas, or something similar wrapped in a thin towel on your wrist. Use it to reduce swelling for the first 48 hours. Leave the ice pack on for 20 minutes, then take it off for 20 minutes. Repeat as needed.
- Keep your arm elevated above your heart for 24 to 48 hours after surgery.
- Take pain medicine as directed. Over the counter **Tylenol** (Acetaminophen) for pain and/or **Ibuprofen** (Motrin, NSAIDS) for inflammation.
- Do not drive until your doctor says it's OK. Never drive while you are taking opioid pain medicine.

### **Call your healthcare provider if you have any of the following:**

- Increased bleeding or drainage from the incision or if the incision comes open
- Fever of 100.4 F or higher or shaking chills.
- Any NEW numbness in in the fingers or thumb
- If your hand or fingers turn blue
- Pain gets worse with or without activity.
- Redness, tenderness, or swelling of the incision gets worse.

**Call 911** if you are experiencing chest pains or shortness of breath.