



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

Sonex Carpal Tunnel Release Pre-surgical instructions:

Patient Name: _____

Scheduled surgery date: _____ **Time:** _____

Facility: INSIGHT – 4800 Saginaw St. Flint, MI 48507

When you arrive at INSIGHT – you will go to 3rd floor pain management suite.

1. No blood thinners or anti-inflammatories 5 days before surgery.

This includes: ASA, Plavix, Eliquis, Pradaxa, Xarelto, Coumadin, Motrin, Ibuprofen, Advil, or Aleve. If you are unsure if you should take a medication or not – please call the office.

2. Tylenol X-tra Strength (two 500 mg capsules every 4 hours if needed) or Ibuprofen (600 mg every 6 hours if needed) are recommended to use after the surgery. Dr. Jondy will provide you with a prescription for pain control if needed.

3. You will need to have 2 post-surgery visits scheduled with Dr. Jondy. You will need to be seen 2 weeks and 12 weeks after your surgery.

2 week appt: _____ Office: _____

12 week appt: _____ Office: _____

4. You will be given sedation for the surgery. You will need a driver to take you home.

5. If you have questions for the surgery scheduler please call (989) 652-7344 and press option 4. If you have questions for INSIGHT, please call 810-275-9152.