



**VALLEY ORTHOPAEDIC
SPECIALISTS**

Gary R. Richo, M.D., Ph.D.

General Orthopaedics
Foot and Ankle Surgery

Ignatius Komninakas, M.D.

General Orthopaedics
Total Joint Reconstruction

Scott Waller, M.D.

General Orthopaedics
Orthopaedic Surgery

Mark Blechner, M.D.

Orthopaedic Spine Surgeon

Arthur G. Geiger, M.D.

General Orthopaedics
Sports Medicine

Megan Gleason, M.D.

General Orthopaedics
Sports Medicine

Chanakya K. Jandhyala, M.D.

Orthopaedic Spine Surgeon

Sean Muldoon, PA-C.

General Orthopaedics
Physician Assistant

Jason Nobrega, PA-C

General Orthopaedics
Physician Assistant

Main Office:

2 Trap Falls Rd Ste 404
Shelton, CT 06484
Phone: (203) 734-7900
Fax: (203) 513-3269

Oxford Office:

220 Main St Ste 1F
Oxford, CT 06478
Phone: (203) 734-7900
Fax: (203) 463-8957

Fairfield Office:

1275 Post Rd Ste 208
Fairfield, CT 06824
Phone: (203) 955-1202
Fax: (203) 955-1203

ENDOSCOPIC & OPEN CARPAL TUNNEL RELEASES POST OPERATIVE INSTRUCTIONS

1. Regular diet as tolerated.
2. Elevate your hand above the heart.
3. Remove dressings the day after surgery. Keep wound covered with a Band-Aid. Change Band-Aids if wet. Keep hand clean and dry. Do not apply ointment or cream over surgical incisions.
4. You may take a shower the day after surgery.
5. Do not drive until cleared by the office to do so.
6. Do not drink alcohol beverages or drive if you are taking prescription pain medication. Take medication with food.

Call the office if you experience:

- Fever unrelated to the flu that is greater than 101.5
- Bleeding through your dressing
- Whitening of your fingers

You may begin to experience pain in your wrist later on in the day following your surgery or the next morning. This pain is due to the anesthesia wearing off. Rest, elevation and pain medication will help your wrist to feel better.