

Specialising in Advanced Keyhole Surgery

Hernia

Gall Bladder

Weight Loss

Reflux / Hiatus Hernia

Excessive Sweating

Facial Blushing

Carpal Tunnel

Bowel

*If you require further information on any of these services,
please contact us on (03) 9760 2777*



2 Langwith Avenue, Boronia, Victoria 3155
Telephone (03) 9760 2777 Facsimile (03) 9761 0207
www.lapsurgeryaustralia.com.au

DISCHARGE INSTRUCTIONS

Bil. Endoscopic Thoroscopic Sympathectomy [B.E.T.S.]

- MR RAY McHENRY
- MR CHRIS HENSMAN

- MR RICHARD GILHOME

Your next appointment has been made at:

- LANGWITH CONSULTING SUITES**
2 Langwith Avenue,
Boronia
- THE VALLEY PRIVATE HOSPITAL**
Churchill Consulting Suites
Cnr Police & Gladstone Road, Mulgrave
- ROSEBUD SURGICENTRE**
1537 Point Nepean Road
Rosebud West
- THE BAYS PRIVATE HOSPITAL**
Vale Street,
Morningson
- ST JOHN OF GOD HOSPITAL**
Consulting Suites
Suite 4, 8 Gibb Street, Berwick

Day _____

Date _____

Time _____

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Bil. Endoscopic Thoroscopic Sympathectomy. [E.T.S.]

Analgesia:

- Take Paracetamol or prescribed analgesia, 2 tablets strictly 4 hourly for the first few days to maintain adequate pain relief for breathing exercises. Your chest will be sore and it is important for you to be as comfortable as possible.
- Gradually decrease the amount and frequency as your pain level decreases and you become more comfortable.

Activity:

- Maintain your breathing exercises using the spirometer, as instructed by the Physiotherapist and the Surgeon.
- Quiet indoor activity for 1 week is recommended, gradually increasing to normal activity in the second week.
- Avoid any heavy lifting or strenuous exercise for about 4 weeks.
- You will need to have 1-2 weeks off work depending on the type of work you do. Your Surgeon will advise you when you should return to work.

Care of the wounds:

- The dressings you have in place are waterproof, so you can shower as normal and pat them dry.
- Leave them in place for 3-4 days and then remove. Band-aids can be applied if required and changed daily.

On-going care:

- A review appointment will be made for you prior to your discharge from Hospital.
- If you are from interstate/overseas a phone consultation will be arranged with you and instructions regarding your follow-up care with your local Dr.
- Notify the Surgeon via our rooms on **9760 2777**
 - If you experience any problems with your wounds including abnormal redness, pain, or discharge.
 - you develop a fever, or get hot/cold flushes.
 - your pain is severe and not being relieved by the analgesia you are using.

Out of Hours: Ph: 9760 2777

- A recorded message will give you details of how to contact the Surgeon on call, who will assist you with your concerns.
- If you are unable to contact the Surgeon on call, go to the Emergency Dept of either Knox Private Hospital or the Valley Private Hospital. There will be an out-of-pocket cost for this visit.