

## 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](http://www.lapsurgeryaustralia.com.au)

### DISCHARGE INSTRUCTIONS

## Endoscopic / Open Carpal Tunnel Repair

- 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 \_\_\_\_\_

## **DISCHARGE INSTRUCTIONS:** **Endoscopic/open Carpal Tunnel Repair**

### **Please note:**

#### **With-in 24 Hrs of your Operation You Must not:**

- Drive a car or take public transport unaccompanied.
- Operate machinery.
- Consume alcohol.
- Sign any legal documents or make any responsible decisions.

### **Analgesia:**

- Take Paracetamol/Panadeine or prescribed analgesia regularly or as required.
- Pain should not be severe and should be relieved by keeping the arm elevated and taking the analgesia.
- There may be tingling to the fingers in the initial 24 hrs following surgery if local anaesthetic was used at the time of operation.

### **Activity:**

- Gently exercise the fingers from the time of surgery and increase movement of the hand as tolerated. Moving the fingers and hand will not cause any damage to the wound.
- You can use the hand increasingly as comfort allows, but ensure that you do not lift anything heavy.

### **Care of Wound:**

- Your hand will be bandaged and these should be kept clean and dry and stay in place as advised by the surgeon or until your review appointment.
- You should keep your hand elevated and gently exercise your fingers regularly. Avoid the use of a sling for prolonged periods.

### **On-going care:**

- An appointment will be made for you prior to discharge from Hospital.
- If not, please call our Rooms on **9760 2777** to arrange your post operative appointment.
- Notify the Rooms:
  - if you experience any problems with your wound, including abnormal redness, pain or discharge.
  - You develop a fever.
  - Your pain is 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.