

Post - Operative Instructions

Expected pain and management

- During the procedure local anaesthetic was injected which should numb the operative site for 6-8 hours after you procedure.
- Once the local anaesthetic wears off you may begin to feel some discomfort for which you should take;
 - Panadol / Panadeine 2 tablets every 4-6 hours for the first 24 hours and continuing as required.
 - Anti-inflammatory e.g. Neurofen can be used in addition to Panadol / Panadeine if required.
- Elevation of the operative site is important and will assist with post-operative pain management. We ask that you wear a sling for 48 hours post-operatively to help with pain and swelling.
- If your pain is not controlled with the above measure contact WPRS for advice.

Wound Care

- Please keep your dressings dry.
- You may remove the crepe bandage after 48 hours.
- If dressing falls off, do not be concerned as it will not harm the operative site. You may contact WPRS during office hours for advice regarding the dressing if needed.
- If any bleeding occurs upon discharge, please elevate above your head and apply pressure to the site for 10 minutes and then reassess, if bleeding continues then repeat elevation and pressure for another 10 minutes. Contact WPRS if the bleeding does not cease following these measures.
- At 7-10 days you will have a post-operative wound check with the nurse at WPRS who will advise you on further dressings and wound care.
- After your initial review you will be referred to a hand therapist for rehabilitation (no Medicare rebates). Your outcome from surgery is heavily dependent on attending these appointments.

Activity

- Avoid any strenuous activity after your procedure for 1 week.
- Your surgeon will let you know when you can return to your normal activities and work.
- Driving is not safe for 1 week after a carpal tunnel release. Your ability to return to driving will depend on your recovery and you will be advised by WPRS.

If you have any concerns please contact **WPRS** on (03) 5562 5330.

- In hours your call will be answered by a nurse and managed as appropriate.
- After hours you may leave a message or your call will be diverted to the on call Plastic Surgeon.

In the unlikely event you are unable to contact anyone at WPRS then call **St John of God hospital** on (03) 5564 0600.