

FITZPATRICK HOUSE
134 Guthridge Parade
SALE VIC 3850
Ph (03) 51 444555
Fax (03) 51 447564

Mr Adrian P. Aitken

M.B.B.S., Ph.D. (U.N.S.W.), F.R.A.C.S.
GENERAL SURGEON

 enabled for Tele-health consultations

MARYVALE PRIVATE HOSPITAL
286 Maryvale Rd
MORWELL VIC 3840
Ph (03) 51 321200
Fax (03) 51 343441

BAIRNSDALE REGIONAL HEALTH SERVICE
122 Day St
BAIRNSDALE VIC 3875
Ph (03) 51 503333

INSTRUCTIONS AFTER A CARPAL TUNNEL DECOMPRESSION

You need to be seen about 1 week after your operation or sooner if there is an issue.

Ring Fitzpatrick House on 51444555 to make or check that an appointment has been made.

Keep the dressing clean dry and intact until review. Use the sling provided to rest the arm. A wet dressing causes a wound infection. You can put the affected arm in a waterproof plastic bag for showering or use the bath or a flannel for daily hygiene measures. If the dressing gets damp or wet, you will have to arrange to have it changed, preferably at Fitzpatrick House.

One week after the operation the dressing will be taken down and the bandage exchanged for an adhesive dressing. One week after that appointment, that is two weeks after the procedure the sutures will be removed.

Do not undertake vigorous activity with the affected hand such as cleaning the house, household maintenance or gardening. You should not drive until review of the wound and told you can.

Panadol or Panadeine, 2 tablets 4 hourly as required. Any pain or discomfort should improve within a few days.

**IF A PROBLEM OCCURS,
CONTACT FITZPATRICK HOUSE DURING BUSINESS HOURS
OR GO TO ACCIDENT AND EMERGENCY AT A PUBLIC HOSPITAL**