

FITZPATRICK HOUSE
134 Guthridge Parade
SALE VIC 3850
Ph (03) 51 444555
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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 EXCISION OF A GANGLION

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

In one week or as arranged the dressing will be changed and the wound reviewed and any sutures removed about 2 weeks after the operation. Sometimes completely absorbable sutures may have been used depending on the site of the ganaglion.

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

Do not interfere with the dressing. Keep the dressing clean dry and intact. Damp or wet dressings cause infections. You can undertake general daily hygiene measures creatively or use a flannel.

An arm sling may have been provided by the hospital to rest your hand if the ganglion was involving your hand or wrist to reduce the risk of bleeding and bruising caused by overuse and should be used for at least 2-5 days for comfort.

Take Panadol or Panadeine, 2 tablets 4 hourly as required.

If you have any concerns contact Fitzpatrick House for advice.

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