



W I N N E T T  
s p e c i a l i s t g r o u p

## CARPEL TUNNEL REPAIR DISCHARGE INSTRUCTIONS

MR J WINNETT

### Activity

Gently exercise the fingers from the time of surgery and increase movement of the hand as tolerated.

Moving fingers and hands will not cause any damage to the wound. You can use the hand increasingly as comfort allows, but avoid all heaving lifting.

### Medications

Take soluble Paracetamol/Panadeine or prescribed analgesia 2 tablets, every 4 - 6 hours or as required.

Pain should not be severe and should be relieved by keeping the arm elevated and taking medication. There may be tingling in the fingers within the initial 24 hours following surgery.

## Wound care

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 post op appointment.

You should keep your hand elevated and gently exercise your fingers regularly using the sling for the first 72 hours.

## Follow-up care

Your follow-up appointments will have been made prior to your surgery date. If you are unsure of these dates please contact Mr Jason Winnett's Rooms on 9417 1555 to confirm them.

If you have any concerns regarding your surgery you are able to contact the rooms at any time during office hours 9am - 5pm, Monday to Friday or after hours on Mr Winnett's paging service 9387 1000.

## After hours contact

Call 9417 1555 and 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 Department of Western Private Hospital. There will be an out-of-pocket cost for this visit.

