

*'Outstanding care through
compassion and innovation'*

Neurosurgeons

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WHEN YOU GO HOME

The day of the surgery

- Keep the arm elevated as best you can for the first week. This will help remove some of the discomfort you will have from swelling as it allows it to drain away.
- Take digesic, tramal, panadol, panadeine or panadeine forte for pain.
- Keep moving your fingers.

The day after surgery

- Remove the bandage and thick dressing two days after surgery. A smaller dressing (Primapore) will be on the wound. Please leave this one.
- Call your Doctor's rooms and make an appointment for four to six weeks after surgery.
- As long as the dressing remains dry and does not get soiled, it does not need to be changed.
- If a change of dressing is required, please see your GP.
- Do not rub any creams or lotions onto the wound.
- With times, the stiffness will disappear and this will usually occur any time from six weeks to three months.

10-14 days after surgery

The sutures are usually removed between 10 - 14 days post-operatively by your GP.

Other Issues

- The scar will remain for some time and will gradually fade to a fine white line.
- Return to work will be discussed with you post-operatively and will depend on the occupation that you have.
- Do not drive if possible for four weeks after surgery.
- Most patients do not need any hand physiotherapy unless there is some persisting ache in the wrist.
- Do not list anything heavy until instructed by your doctor and this is usually not until about three months after the surgery.
- After one month you can rub Vitamin E cream onto the incision to soften the scar.
- Hand physiotherapy can be commenced one month after surgery.

CARPAL TUNNEL SURGERY

Post-Op Care



WHAT DO YOU NEED TO WATCH FOR?

If you develop any of the following symptoms it is important that you contact your surgeon or local doctor immediately.

1. Increasing pain in the wound/wrist. It is common to have some pain and as you use hand more, some stiffness may develop. If the pain is steadily increasing this may suggest a problem and it is important to seek advice.
2. Fever. This will suggest the possibility of an infection and the Doctor must be notified immediately.
3. Swelling or infection in the wound. The wound will swell a little after the first day or so, and the wound edges may appear raised. If this area around the wound starts to redden then this may suggest infection. It is normally a little pink but increasing redness means the possibility of infection.
4. Increasing or new onset weakness or numbness in the hand or fingers.

Clinic Locations

- **The Wesley Hospital.** Evan Thomson Building, Level 10, Chasely Street, Auchenflower Qld 4066
- **St Andrew's Medical Suites.** Suite 3, Level 7, 457 Wickham Terrace, Spring Hill Qld 4000
- **Fortus Medical Suites.** Suite 2, 832 Gympie Road, Chermside Qld 4032
- **United Medical Suites.** Shop 2B, Hilltop Shopping Centre, 71 Astley Parade, North Lakes QLD 4509
- **St Vincents Medical Centre.** Scott Street, Toowoomba Qld 4350
- **The Sunshine Coast Private Hospital.** Medical Centre, Syd Lingard Drive, Buderim Qld 4556
- **Mater Private Rockhampton.** Ward Street, Rockhampton Qld 4700
- **Tweed Day Surgery.** Suite 5 - Level 1. 38 – 44 Boyd Street, Tweed Heads NSW 2485
- **St Vincents Hospital.** Suite 2, Level 1, 20 Dalley Street, Lismore NSW 2480