

## DR GAUTAM KHURANA - Take-home Post-op. Discharge Instructions (Applicable to carpal tunnel decompression surgery patients)

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- Keep your incision clean and dry for 10 days following surgery.
- The skin sutures should be removed by your local doctor at 10 days following surgery.
- For the first 72 hours after the surgery, keep your wrist/arm elevated **ABOVE THE LEVEL OF THE HEART** on a few pillows or across the front of your chest, including overnight on the first night. When sitting up or walking around, continue to keep your arm elevated across the front of your chest for the first 72 hours after surgery. Using a **cloth SLING** will help in this regard.
- You will have an elastic padded 'crepe' dressing that you should remove **24 hours** after surgery.
- Underneath this you will have a stick-on (adhesive) dressing (e.g., "Primapore" or "Medipore"). That dressing should be changed every 24 - 48 hours (or any time it becomes damp) until 2 days after the skin sutures are removed. After that time, there should be no dressing at all.
- **Do not soak** your incision in a tub or spa bath or swimming pool for at least 3 weeks after the operation. Do not expose the incision to any direct shower spray for this time too.
- Showering is okay from **24 HOURS AFTER** the 'crepe' dressing is removed. If the incision or the adhesive dressing becomes wet, simply change the dressing, and make sure the incision is gently dabbed dry with a **clean / sterile gauze** from the chemist (and **not** a bath or hand towel, and not tissue paper) prior to placement of a new adhesive dressing. Put some **CHLORSIG ointment** on the incision with each change of the dressing -- **Don't rub the ointment in (as rubbing can introduce germs)**; just use the plastic tip of the ointment tube to cover the incision's surface, and then put the new adhesive dressing on. Remember: Don't touch the clean part of the dressing that faces the incision itself.
- Watch for signs of **wound infection**, including increasing redness or swelling around the incision, or any drainage or discharge from the incision, or obvious separation of the incision edges. **Do not delay if this occurs** - see your local doctor or call *CNS Neurosurgery* on 0400 683 662.
- Do not lift greater than **1 kg** (equivalent to a **1 litre** container of milk) for **the first 6 weeks** after carpal tunnel surgery. For optimal healing, avoid overuse of the operated hand for the first 12 weeks after surgery. **Typically, no physiotherapy is needed.**
- One of our staff will call you to confirm a follow-up appointment in the near future. Typically, Dr Khurana will see you around **6-8 weeks** following surgery. **Please book an appointment with your GP for a wound check / suture removal to occur at 10 days following surgery.** For any questions or concerns, call *CNS Neurosurgery*.