



DR L. ANDREW ASHTON

B.A., B.Med., FRACS (Orth) Orthopaedic Surgeon

POST OPERATIVE INFORMATION

Carpal Tunnel Decompression

Normal Symptoms:

- Discomfort in wrist
- Mild swelling

The following symptoms are **NOT** normal:

- Increased swelling
- Redness around the incision
- Excessive bleeding
- Fever or chills

If you experience any of the above symptoms you should seek medical advice. Please contact your nearest Emergency Department.

Diet:

Normal healthy diet as tolerated.

Activity:

- Avoid heavy lifting.

Medications:

- Take medications as directed by your Doctor.
- Regular Panadol may be useful for pain.
- Cold pack applied at regular intervals can help reduce post-operative swelling.

Driving:

Be guided by your pain and avoid driving for one week.

Dressings / Wound care:

- Do not get the dressing wet.
- Keep dressings on as directed by Doctor.

Hygiene:

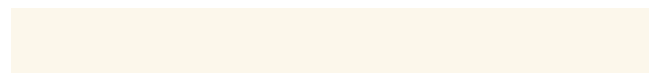
You may shower as desired.

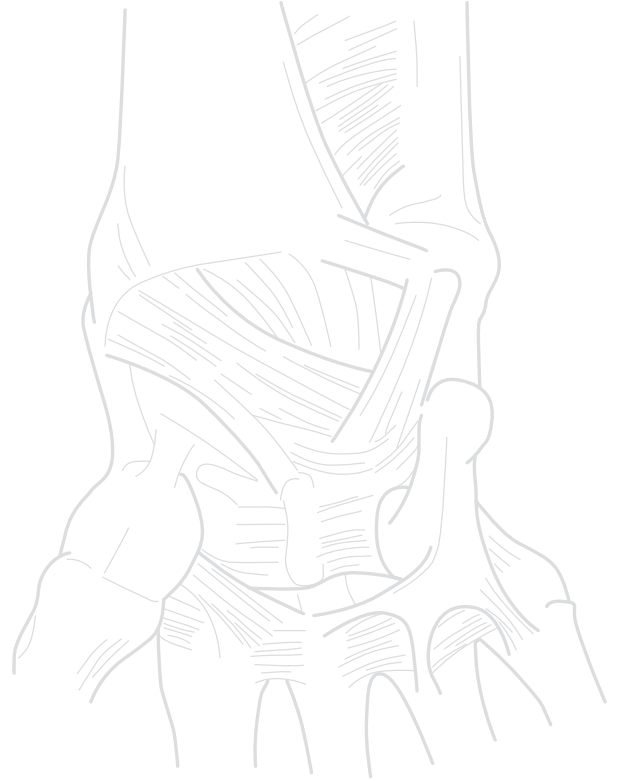
Legal requirements following an anaesthetic or sedation:

For a 24 hour period you are **NOT** allowed to:

- Drive a car as directed by Doctor
- Operate machinery
- Drink alcohol
- Sign any legal or important documents.

Follow-up Appointment





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