

Discharge Information

Orthopaedic Service,
Wellington and Kenepuru
Hospitals

Surname: NHI:

First Names:

Date of Birth: / / Sex:

PLACE PATIENT ID HERE



Carpal Tunnel Release under General Anaesthesia or Sedation

You have had a Bilateral / Left / Right Carpal Tunnel Release

Under General Anaesthesia Sedation

Pain Relief

Take Paracetamol (2 x 500mg tablets) every 4 hours, whether you need them or not for at least 24 hours. Do not take more than 8 tablets in a 24 hour period (a day).

If you are allergic to paracetamol or have had a previous reaction to paracetamol medication, do not take the paracetamol and talk to your nurse.

How do I care for my wound?

Keep the outer bandage on for 48 hours. Then remove the bandage. Leave the waterproof dressing in place for 10-14 days.

Washing

Keep your wound dry. Cover your hand with a plastic bag, secured with tape before having a shower or bath.

Mobilisation after your surgery

- Move your arm and fingers as pain allows
- Keep your hand elevated on a pillow or in a sling. Start gentle movement for first two days to help lessen the pain and swelling
- From day 3 you can increase the amount you use your hand and arm as your pain allows
- Look at your hand and check it for warmth, colour, movement and sensation. Please contact your doctor if any of these have changed

Stitches

Your stitches will be taken out by your doctor or practice nurse. You will need to make an appointment with them in 10-14 days.

OR

Your stitches will be removed at your Orthopaedic Outpatient appointment. The appointment will be sent by post to your home address.

Going Home

You will usually be able to go home once you have made a full recovery from your anaesthetic or sedation.

General anaesthesia and sedation can temporarily affect your coordination and reasoning skills. You should not drink alcohol, drive a car, cycle, ride a motorbike, operate machinery, make any important decisions or sign legal documents for at least 24 hours afterwards.

You may have a sore throat from the breathing tube used during your surgery. Sucking on ice or

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ice-blocks may help the sore throat. During the first few days following your surgery you may have nausea (feeling sick), discomfort and tiredness. These are common side effects. You may also notice a change in your bowel habits, or not feel hungry. This may last up to 7 days.

Work Certificate required

Yes No

Will I need a follow up appointment?

No follow up appointment is needed

OR

Indays/weeks, you will be seen at the Orthopaedic Outpatients Clinic. The appointment will be sent by post to your home address.

When do I need to contact my doctor?

- If you have pain that is not helped by pain medication
- You have any bleeding or swelling
- Your wound becomes hot or red
- Or your hand does not improve

please contact your doctor or an after-hours medical centre.

Please take this information with you.

Date: _____ Nurse: _____

Fax copy to patient's GP. (tick when faxed) Date faxed:

GP's name: _____