

Carpal Tunnel Release – Standing Orders
Dr Prodger

Post Operative Patient Information.

Dressing:

- Remove the crepe and wool bandage on the third day after the surgery. Leave the inner dressings on if possible, otherwise change these small dressings.
- Try not to touch the wounds if you need to do this. Keep the wound dry. Do not wet the dressings when showering.

Exercises:

- Keep fingers moving as frequently as able.
- You may use your hand as normally as able once the bulky dressing comes off on the third post operative day.

Follow Up:

- Please make an appointment to see Dr Prodger 2 weeks after the surgery. Phone 02 66 216462 in the days after the surgery to arrange this please.

Discuss time off work, return to light or modified duties, medical certificates or any other work related matters with Dr Prodger before you leave the hospital.

If you think there is a problem (for example worsening pain, wound discharge) before your appointment

- Phone Dr Prodger's rooms on 02 66 216462.
- See your GP, who can call Dr Prodger if concerned.
- Go to the Emergency Department at your local hospital if out of hours.