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### Post carpal tunnel release instructions

After your carpal tunnel release, you will be reviewed by me or one of my team members and discharged. This will usually be on the same day as the procedure. Below are some post-operative notes, please familiarise yourself with them.

#### Diet:

No special restrictions. Everything in moderation.

#### Pain relief:

Regular panadol and Nurofen are useful for the post-operative discomfort. Cold packs every 1-2 hours for the first 2-3 days (when awake) are useful. Try to keep your wrist elevated when resting to reduce swelling and discomfort.

#### Going home:

You have been given sedatives. **DO NOT** drive home on your own or operate heavy machinery on the same day.

#### Wound care:

Keep your wound and dressings dry for 48h. After that, you may get the wound wet for short periods of time after removing the bandages. Dab your wound dry.

#### Return to work:

You can return to work on light duties after 2-3 days. Avoid lifting more than 1kg with the affected hand for the first couple of weeks then increase as tolerated. Please do gentle finger exercises a few times a day, to hasten return of function.

#### Things you should tell your GP or me about:

- Severe pain or redness that is getting worse, not better.
- Large amounts of bleeding.
- Fevers or discharge from the wound.

#### Follow up:

Your usual follow up with me will be around 4 weeks after the procedure. You will be provided with an appointment card at discharge or will be asked to make an appointment yourself (if you go home on the weekend, for example). It is important for you to keep your appointment to assess your progress.

All the best,

A handwritten signature in black ink, reading "Mark Romero". The signature is fluid and cursive, with a long horizontal stroke at the beginning that loops back under the first few letters.

Dr Mark Romero