

## General Surgery- Plastics

### Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you are able to support yourself /stay healthy while waiting to attend the hospital.

The guidance has been written by clinicians who are responsible for your care

### Guidance for Patients

#### Carpel Tunnel Release

What can I do to help make the operation a success?

- If you smoke, stopping smoking now may reduce your risk of developing complications and will improve your long-term health.
- Try to maintain a healthy weight and a well-balanced diet. You have a higher risk of developing complications if you are overweight.
- Remain active and as medically fit as possible. Regular exercise should help to prepare you for the operation, help you to recover and improve your long-term health. Before you start exercising, ask the healthcare team or your GP for advice.
- In the week before the operation, do not shave or wax the area where a cut is likely to be made.
- Try to have a bath or shower either the day before or on the day of the operation.
- If you are diabetic, keep your blood sugar levels under control around the time of your procedure.
- If you have any long-standing conditions such a high blood pressure, you should get this reviewed at your GP Surgery to ensure that it remains well controlled, this will also help prevent any unnecessary delays when you come for your pre-operative assessment.

### What should I do if my health is deteriorating?

If your health should deteriorate or your condition changes whilst waiting for surgery, then please contact our main switchboard on 01604 634700 and ask for the relevant department or Consultant that has planned your care or is managing your care.

### Contact Us

Main switchboard 01604 634700

---

Version 2 : March 2022

The contents of this information has been reviewed and approved by the Clinical Governance Committee of Northampton General Hospital 17<sup>th</sup> January 2022