

Did your doctor tell you that you have developed an infection related to your surgery?

If YES, please call the Infection Prevention Control office at LWDH

(807) 468-9861 extension 2362

Thank you for helping us ensure quality care.

Lake of the Woods District Hospital

21 Sylvan Street

Kenora, Ontario

P9N 3W7

Telephone (807)468-9861

**DISCHARGE
INSTRUCTIONS
FOR
GANGLION
EXCISION**

1. Unless otherwise instructed, you may resume your usual diet today. If you feel bloated or uncomfortable, stay on clear fluids until the feeling passes. If nauseated, avoid milk products until settled.
2. Restrict your activity and rest for the remainder of the day. Resume normal activity on the day following your procedure.
3. When affected limb is not in use, ensure to keep it slightly elevated, such as resting on a pillow for the first 24 hours. This will help minimize swelling.
4. You may have a shower or bath. Avoid saturating your incision with water. Gently pat the incision dry. Avoid the use of soaps, powders and lotions until healed.
5. Resume medications as before your procedure unless otherwise advised.
6. Take your prescribed pain medication as directed for discomfort.
7. Your physician will advise you when you may return to work.
8. **If you have been given anesthesia or sedation;**
 - Do not drive or operate machinery for 24 hours.
 - Do not make important decisions or sign any important documents in the next 24 hours. Do not plan any activities that require complex thought or coordination for 24 hours.
 - Do not consume alcohol, tranquilizers or sleeping medications for the next 24 hours.
 - Sedative and narcotic medicines given during a surgical procedure may linger for hours. You may feel dizzy for several hours afterwards.
 - **You must have an adult with you tonight at home.**

10. **Go to an Emergency Department** if any of the following occur:

- Excessive pain not relieved by prescribed pain medication.
- Persistent nausea or vomiting not relieved by over the counter medications
- Unusual bleeding
- Redness, swelling or drainage of pus from incision
- Fever and/or chills (38°C or 100°F)
- Tightness caused by splint or the tensor
- Any swelling, blueness, coldness, tingling or numbness of the fingers

11. Make an appointment to see Dr. _____
in _____ Phone number _____

**** If you have any questions do not hesitate to call your doctor ****

Special Instructions:
