

Department of
NURSING

Video Assisted Thoracic Sympathectomy



Discharge Instructions on Post Video Assisted Thoracic Sympathectomy

These instructions provide general information and advice regarding care after your operation. Taking these precautions may help to reduce risks and complications.

Diet

You may resume your normal regular diet.

Wound Care

- You may shower the next day after your surgery, as the dressing is waterproof.
- You may or may not have sutures for removal after surgery.
- Keep your wound clean and dry until the sutures / self adhesive dressing to be removed or as instructed.
- Change the dressing only if wet or dirty.
- Do not apply any lotions, ointments or other products to your wound unless specifically instructed by your doctor.
- Keep your appointment for suture / self adhesive dressing removal as instructed.

Date : _____

Pain Management

Take your medications as prescribed

Activities

- Avoid lifting or moving heavy objects, strenuous activities, swimming, diving, air travel and contact sports for at least 6 weeks.

When Should I Seek Medical Attention?

You should seek medical attention if you experience the following:

- Difficulty in breathing or chest pain even at rest.
- Giddiness, blackouts or blurred vision.
- Discharges, redness, pain, swelling, persistent bleeding around the operative site.
- Temperature > 38 degree Celsius.

Where Can I Seek Medical Attention?

- You may call TTSH General Surgery Specialist Clinic 2B (Pte) or 3B (Sub) during office hours* @ 68894242 or 63573775 to schedule for an earlier appointment with your surgeon.
- Or call Clinical Coordinator, Department of Thoracic Surgery @ 98129307 (Mon – Fri: 9am – 5pm)
- After office hours, you are advised to seek treatment at the Emergency Department, Basement 1, TTSH.
- You may also wish to proceed to your nearest Polyclinic or family doctor.

*Office hours:

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| Monday - Friday: | 8 am – 5 pm |
| Saturday: | 8 am – 12 noon |
| Sunday & PH: | Closed |