

Post Operative Instructions
First Rib resection for Thoracic Outlet Syndrome
(Neurogenic, Arterial)

- **Dressings**
 - Remove the dressings on day 5 after discharge.
- **Showering**
 - The applied dressing should be waterproof.
 - You may shower being gentle with the wound.
 - Be careful not to stretch or stress or probe the wound.
 - After showering, gently **pat the wound dry** – do not rub with a towel as this may disturb the sutures.
- **Exercise**
 - When discharged, you should rest at home for the first days.
 - Activities of normal daily living are permitted.
 - Steadily increase your activities including.
 - Avoid moderate lifting or effort for 3 months.
 - Avoid Heavy lifting and strenuous upper limb exercise indefinitely and only after review with Mr Claydon.
 - Avoid activities which place your arm above your head for more than 1 minute or repeated indefinitely and only after review with Mr Claydon
- **Driving**
 - It is important that you are unencumbered by pain, dressings or weakness.
 - You should not drive a car until cleared by a medical practitioner – usually 6 weeks.
 - You should not drive a car while on pain relief medications or sedatives.
- **Anticipated post procedure course.**
 - It is normal to experience some firmness, tenderness, bruising and mild swelling in the areas of the incision.
- **Medications**
 - Take your blood thinning medications until otherwise instructed – usually at least 3 months.
 - Continue to take your normal prescribed medication.
 - You may have been prescribed potent analgesic medications to take in the event of significant post-operative pain to be used only as required.
 - If you have any queries about this, please contact my rooms.



Mr. Matthew Claydon
Vascular and Endovascular Surgeon

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- **Problems and Concerns**

- If you experience any of the following, you should seek immediate medical attention at your nearest emergency department.
 - Severe pain.
 - Swelling.
 - On-going bleeding.
 - Weakness or numbness of the hand or arm.
 - Other significant symptoms
- If you have concerns, you should contact my rooms.
 - **9576 1491.**
- In the case of severe concerns call an ambulance.
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- **Follow-Up**

- It is normal to have a post-operative appointment in 4-6 weeks.



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