

Advice after Carpal Tunnel Release *(orthopaedic surgery)*



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customercare@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

About the operation

Carpal tunnel Syndrome is a painful disorder of the hand and wrist. Pain is a result of the compression of the median nerve running through the wrist. During this operation the surgeon will free the nerve. It is carried out under a general or local anaesthetic.

Before the operation it is important to remove any rings and/or bracelets because they can limit circulation if your hand swells after the operation.

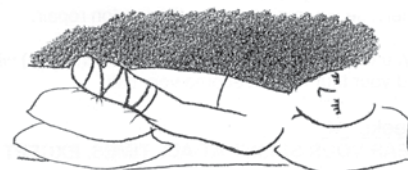
After the operation

Discomfort. You may experience some discomfort which should be relieved by taking a mild pain killer such as paracetamol. Please follow the instructions on the pack.

Swelling in your hand can cause discomfort. Severe or continuous pain should be reported to your GP

Wound. Keep your dressing dry. Wear a rubber glove over the hand during bathing or when washing your hands.

For the next 24 - 48 hours keep the affected hand raised on a pillow when lying down.



Check the fingers of the affected hand regularly for colour, warmth and sensation. If your fingers feel cold, numb or painful you should call Amesbury Ward on 01722 336262 ext 3117.

Activity. Try not to lift heavy objects whilst your hand heals. Gentle exercise of the hand and fingers every hour will help prevent stiffness and swelling.

Swelling can occur after surgery. It is important to help prevent this by keeping your hand elevated. Keep your hand up for at least a week after surgery or until the stitches have been removed.



Follow up. If your surgeon needs to see you in outpatients afterwards, an appointment will be sent to you.

Who should I contact if I have any queries?

Contact Day Surgery Unit between the hours of 7.30am and 7pm on 01722 336262 ext 4554.

At other times, contact Amesbury Ward on 01722 336262 ext 3117 or speak to your GP.