

Patient information

Carpal Tunnel Syndrome

Martin Corke Day Surgery Unit

Carpal tunnel syndrome is a painful condition of the hand and wrist. It may cause numbness and paresthesia (pins and needles). It is caused by pressure on the median nerve as it passes through the wrist. Surgical treatment involves an operation under local anaesthetic (awake) to release the median nerve.

Following your surgery

- Stitches need to be removed. This will be done by:
- Your practice nurse in ____ days
- The orthopaedic clinic in 2 weeks' time

Please leave all your dressings intact, keeping them clean and dry.

You can remove the bandages and padding after 2 - 3 days (leave it a bit longer if you are uncomfortable) but leave the small white dressing in place.

The operation site needs to be kept clean, dry and covered until your stitches are removed. The dressing can be changed if it becomes loose or dirty.

Wear large rubber gloves or a plastic bag over your hand during bathing or washing.

You may experience some mild to moderate pain. This can be relieved by elevating your arm (see below) and taking painkillers. If on discharge you are given 3 - 5 days' supply of painkillers, these may be taken as prescribed; otherwise, paracetamol or similar pain-relieving medication is appropriate.

Should any bleeding occur, apply moderate pressure and raise your hand.

Avoid lifting any heavy objects.

You may experience some swelling in your fingers and hand; this is normal. To help relieve this please keep your hand elevated for 48 hours. The ward nurse will apply a

sling before you leave. If resting at home, you may wish to elevate your hand on a pillow instead. Gently massaging your fingers will also help.

Elevating the limb above heart level either in a sling or on pillows will also help if you are experiencing pain.

These are some exercises you can do to help prevent swelling and stiffness

- Move your shoulder and arm regularly.
- Gently clench and unclench your hand.
- Touch each finger in turn with your thumb.

Special instructions

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Return to work

Driving

Outpatient appointment

This will be sent to you.

Contact your GP or GP out-of-hours service if:

- you experience severe pain.
- any bleeding does not stop by the method suggested.
- your wound becomes red, hot and / or produces a discharge, you may have an infection.

If you require any further advice or information, please contact the Martin Corke Day Surgery Unit on 01284 713959 between 7.45am and 8.00pm, Monday to Friday
Outside of these hours contact the orthopaedic ward F4 on 01284 713290 and speak to the nurse in charge. Please have your hospital number on the discharge letter available.

OR NHS 111

If you would like any information regarding access to the West Suffolk Hospital and its facilities, please visit the website for AccessAble (formerly DisabledGo)

<https://www.accessable.co.uk>

