

Clinical Protocol

Patient Discharge Advise Sheet

Carpal Tunnel Syndrome and other Hand Surgery

Carpal Tunnel Syndrome is a common and troublesome condition that interferes with the use of the hand. It is caused when too much pressure is put on a nerve that runs through the wrist. This pressure causes pain, tingling and weakness of the grip. Carpal Tunnel Syndrome is highly treatable if diagnosed early. If left untreated, it could lead to permanent nerve damage.

Prevention

- Avoid using the wrist in a bent or twisted position for long periods.
- Avoid repetitive movements or holding an object in the same way for extended periods of time
- Reduce the speed and force of doing certain tasks and use power tools if possible
- Periodically, give your hands a break by brief periods of rest and by rotating work activities

Treatment

Treatments of carpal tunnel syndrome include medication, splints or surgical operation. The operation is called carpal tunnel decompression or release. It is usually carried out as a day procedure under local or general anaesthesia. The transverse ligament of the wrist is divided to relieve the pressure on the nerve.

Post –Operative Advice

- You will not be able to drive your car back from the Hospital so please make arrangements beforehand to have someone drive you home.
- Keep your hand elevated above the heart level for the first 48 hours.
- When you shower, cover the dressing securely with a plastic bag.
- Movement of the fingers (e.g. squeezing a sponge or a ball) is encouraged.
- The skin stitches will be removed after 2 weeks.
- Call the Hospital or your doctor if pain worsens after the first 24 hours, you have a throbbing feeling or you develop puffiness of the fingers in spite of keeping your hand elevated.