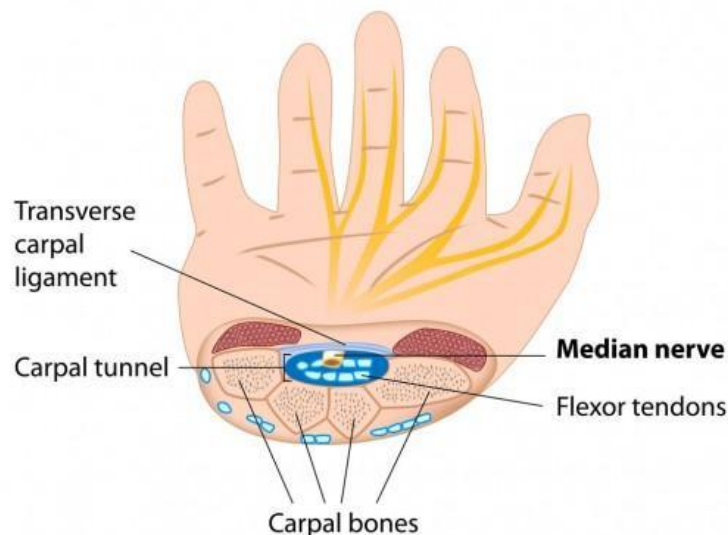


Carpal Tunnel Release

Procedure:

- The Carpal Tunnel is formed by the wrist bones on the bottom and the transverse carpal ligament on top of the wrist.
- Carpal Tunnel Syndrome is a common condition where the median nerve gets compressed in a narrow passage as it runs through the wrist along with 9 tendons. This causes numbness, tingling, burning pain, and weakness. These symptoms are primarily noted in the thumb, index, and middle fingers. Symptoms often worsen at night or with repetitive use of the hand.
- When conservative management fails, surgery is indicated. Surgery relieves pressure on the median nerve by cutting the roof of the carpal tunnel (transverse carpal ligament).
- An incision measuring approximately 2 inches is made in the volar palm and wrist to expose and release the transverse carpal ligament, making room for the nerve and tendons passing through the tunnel.
- The incisions are washed out and closed with sutures. A dressing is placed and secured with an ace wrap.

The Carpal Tunnel



What to Expect: Carpal Tunnel Release Post-Operative Instructions

- Following surgery, you will be given discharge instructions which provide information regarding when to schedule your follow up appointment. Please refer to the discharge instructions for details.
- Post-Operative Dressing: You will be placed in a post-operative soft dressing which is kept in place with an ace wrap.
 - Keep dressing clean and dry for 5 days. You may shower with a plastic bag/cast cover secured over the post operative dressing. The bag will be provided to you by our surgery center.
 - After 5 days, you may remove the dressing and shower normally, however DO NOT submerge your hand in water. Pat the incision dry and cover with a band-aid to keep the area clean.
- Pain Control: Please refer to discharge instructions provided on day of surgery for details.
- Edema (swelling): Elevate arm to at or above heart level as much as possible to reduce swelling.
 - Apply ice over dressing for 10-20 minutes at a time to help with pain and swelling.
- Movement: You may gently move your thumb, fingers, wrist, elbow and shoulder throughout the day as tolerated in a pain free range. Do NOT force range of motion
 - **NO gripping/pinching, pushing, pulling or lifting heavier than a coffee mug with operative hand.**
- Diet: No restrictions as long as you are not nauseated and are able to swallow without difficulty.
- Driving: If the procedure is done under local anesthesia (non-sedation) you are permitted to drive immediately.
 - **NO driving a car or operating heavy machinery for the first 24 hours after receiving anesthesia (sedation) or while taking narcotic pain medication.**
- At follow up appointment, stitches will be removed.

NOTE: The above information may vary based on your surgical procedure. Your doctor will provide specific instructions after surgery. Please refer to discharge instructions issued on day of surgery for details.