

CARPAL TUNNEL – PRE OPERATIVE INFORMATION

1. The median nerve passes through a tight space at the wrist called the **Carpal Tunnel** – occasionally it becomes compressed in this tunnel, causing pins and needles in the fingers and pain, which can extend up the forearm.
2. Some settle with splinting, others with tablets and others following a steroid injection into the tunnel itself. However, when symptoms persist despite these medical measures, it is necessary to decompress the nerve surgically.
3. This will be done under a local anaesthetic taking about 30 minutes to 1 hour in all.
4. **YOU SHOULD NOT DRIVE A CAR FOR AT LEAST 5 DAYS**
5. Please make arrangements to be driven home after your operation.
6. Your hand will be bandaged and in a sling. The bandage needs to be left in place and not disturbed for 3-4 days then an appointment will need to be made with your practice nurse to change the bandages. The sling may be removed after 48 hours, if comfortable, keep the arm elevated as much as possible.
7. After 10 days the bandages can be removed and replaced with a plaster if necessary (any visible stitches will dissolve). The scar can be lightly washed with soap and water as normal.
8. It is advisable not to work for 2 – 6 weeks if you have a manual job.
9. If you have any questions, please do not hesitate to contact the surgery by telephoning us on 01225 898015.

NB. If you take Aspirin, Warfarin or Clopidogrel, please remember to STOP taking as advised on assessment appointment. If you are unsure of when to stop taking please call on 01225 898015.