

## WHAT TO EXPECT

- Excellent clinical care with low infection rates
- Low wait times; we pride ourselves on providing an efficient, robust service, well within the national maximum wait times. We are faster than the big hospitals.
- High levels of patient satisfaction. Patients accessing the service rate the overall experience as extremely positive and successful.
- A team of experienced, friendly GP surgeons offering comprehensive patient consultation throughout the treatment pathway.
- Your own GP will be kept informed of the procedure you have had.
- The GP Carpal Tunnel surgeons are members of Association of Surgeons in Primary Care (ASPC)
- A robust, efficient and flexible administrative service co-ordinating the entire experience, from referral to follow up appointment.

For a copy of our privacy policy which is in line with new general data protection regulations, please see our website: [www.spamedicalcentre.co.uk](http://www.spamedicalcentre.co.uk) or telephone a Clinical Coordinator on 01225 898014

## CONTACTING US

If you have any concerns, or if you need to change your appointment time, please telephone the Clinic Coordinators on 01225 898014. There is also an answer machine for calls out of hours, which is checked daily.

Spa Medical Centre  
Snowberry Lane  
Melksham  
SN12 6UN

[bswicb.spasurgerysurgical@nhs.net](mailto:bswicb.spasurgerysurgical@nhs.net)



## Spa Surgical Services

### Carpal Tunnel Service

### Information for patients



Spa Medical Centre has a proven, excellent track record of consistently delivering the highest quality of surgical care to patients. We pride ourselves on being one of Primary Care's leading surgical providers in Wiltshire and have been successfully delivering a variety of services to all Wiltshire residents since 2004.

Your GP has referred you to our Carpal Tunnel Service. This will involve an initial 20 minute assessment appointment with a GP surgeon who specialises in Carpal Tunnel Syndrome (CTS) diagnosis and procedure.

If clearly diagnosed with CTS, you will then be offered an appointment for a Carpal Tunnel Release operation and a post op follow up appointment 2 weeks later.

### **Carpal Tunnel Syndrome (CTS)**

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. Numbness and weakness in the hand and fingers can also occur.

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.

### **Carpal Tunnel Release Surgery**

The surgery has several pros and cons so the CTS surgeon will discuss with you at assessment whether or not it's right for you. Carpal tunnel release surgery is an operation to relieve symptoms of CTS. It involves dividing a ligament in your wrist to relieve pressure on a nerve that controls movement and feeling.

Carpal tunnel decompression involves cutting your carpal ligament. This ligament is connected to bones in your wrist to form the carpal tunnel. Several tendons and your median nerve run through this tunnel to your fingers. Dividing the carpal ligament releases the pressure and eases your symptoms.

### **Preparing for surgery**

Carpal tunnel release is a day case procedure, this means you will have the operation and go home the same day.

The operation will be done under a local anaesthetic, this means you will be awake for the operation, but the area will be completely numb. The actual procedure should take around 15 minutes and you should be with us about 40 minutes to 1 hour in all.

## **The Surgical Team**



**Dr Claire Rigby**  
GP CT Surgeon  
& GP Partner



**Dr Adrian Curtis**  
GP CT Surgeon  
& GP Partner



**Wendy Jones**  
Surgical Clinical  
Nurse Lead & CT  
Theatre Scrub  
Nurse



**Alex Dickenson**  
Theatre  
Practitioner



**Jodie Buckland**  
Trainee Nurse  
Associate

## **Theatre Assistants :**



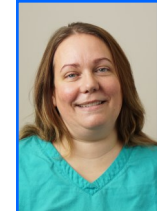
**Bev**



**Leonie**



**Sara**



**Kirsty**

## Recovery

Carpal tunnel surgery recovery time varies from person to person, as everyone responds to surgery differently. Please be aware that you should NOT drive for at least 5 days post procedure. It is advisable not to work for 2 – 6 weeks depending on your job.

## LOOKING AFTER YOUR WOUND

After your operation you will be given a separate information sheet telling you how to look after your wound.

## RISKS AND SIDE EFFECTS

Any operation will have risks including scarring, bleeding and wound infection. The surgeon performing the operation will discuss these and any additional risks / side effects with you at the time of operation.

## PARKING ARRIVING AT THE SURGERY

We have free onsite parking and when you arrive at the Surgery please follow the booking in instructions as per your appointment letter, as these vary. We do have a patient lift available and use of a wheelchair if needed. **Please inform us in advance of surgery if you are wheelchair bound.**

You are able to drink and eat as normal. You **won't be able to drive** immediately after your surgery, so make sure you arrange to get a lift home.

Make sure that you clean your hands and remove any jewellery on your wrists and fingers beforehand. Please also remove nail varnish.

Your surgeon will discuss with you what will happen before, during and after your surgery. If you are unsure about anything, this is your chance to ask any further questions you have. If you are happy to go ahead with the operation, you will be asked to sign a consent form.

## PLEASE TELL THE DOCTOR IF

- You are taking Aspirin, Clopidogrel, Dipyridamole, Ticagrelor, Dabigatran, Edoxaban, Rivaroxaban, Warfarin or any other blood thinning medication.
- You are allergic to elastoplast or local anaesthetic or adrenaline.
- You have heart trouble or a pacemaker or are prone to having a condition which makes you bleed more easily, e.g. Haemophilia
- Prone to fainting
- You have a known blood born infection risk such as hepatitis B or hepatitis C or HIV

## Following the operation

- Your hand will be bandaged and in a sling. The bandage needs to be left in place and not disturbed for 3-4 days. Please contact your own GP practice on the day of the surgery to arrange for an appointment with your practice nurse for the bandage to be removed down to steri-strips and replaced with a lighter bandage, this should be done 3-4 days after your surgery.
- The sling may be removed as soon as you are home but ensure the arm is kept elevated, as much as possible. Please wear the sling when going out.
- After 10 days the bandages can be removed (any visible stitches will dissolve). The scar can be lightly washed with soap and water as normal.