



# CARPAL TUNNEL REPAIR

*Date of Surgery* \_\_\_\_\_

**Please bring this booklet the day of your surgery.**

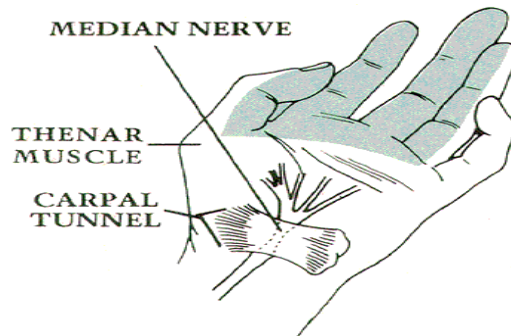
QHC#4

## What is Carpal Tunnel?

Carpal Tunnel Syndrome is caused by a pinched nerve in the wrist. The median nerve is inside a narrow passage in the wrist, called the carpal tunnel. Tissues in the carpal tunnel can swell up due to repetitive motion or injury. This causes pain in the hand, numbness, tingling and weakness.

The surgery involves cutting the ligament over the tunnel to release the pressure on the nerve.

The area is usually frozen. The surgery time is approximately 15-30 minutes.



## After Surgery At Home

It will take several hours for the freezing to wear off. Some numbness may be present after surgery, but should gradually improve. Take pain medication as directed to relieve incisional discomfort.

Move your fingers as tolerated. For the first 48 hours, keep your hand elevated to prevent swelling.

Do not do any heavy lifting (over 10 pounds) for 4 weeks or as instructed by your doctor.

Instructions about your dressing will be discussed by your surgeon.

Stitches are usually removed in 10-12 days.

Length of time off work will vary with your surgeon.

**YOUR FINGERS SHOULD REMAIN THEIR  
NORMAL COLOUR AND SENSATION. IF NOT,  
CALL YOUR DOCTOR.**

## **Appointment**

Call your surgeon's office the next working day to arrange a follow-up appointment.

## **Special Instructions**

## **Questions?**

Developed By: Surgical Preadmission Clinic, 2003

Approved By: Department of Orthopaedics/General Surgery, Quinte Health Care

Reviewed: April, 2011