



## Procedure Information Sheet

### Introduction

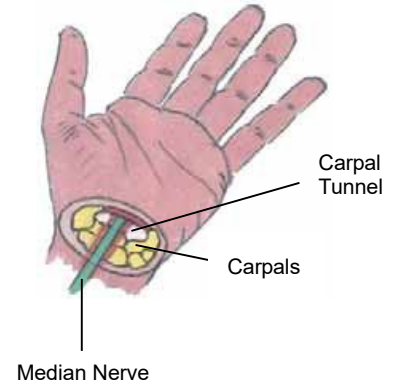
Carpal Tunnel is the space underneath the volar side of the wrist. There are muscles, tendons, and the median nerve running through. In some situations, e.g. repetitive movement of the wrist, wrist trauma, patient with rheumatoid arthritis, thyroid disease, diabetes, menopause, pregnancy etc., where the median nerve is being compressed, leading to carpal tunnel syndrome and resulting in numbness, tingling sensation and painful hand, affecting daily activities.

### Indication

Thumb, Index or Middle finger with persistent numbness.

### The Operation / Procedure

1. The operation is usually done under local anaesthesia.
2. Surgery to relieve the carpal tunnel pressure and free the median nerve from pressure. This can be done through open surgery or endoscopic surgery.



### Before the Operation / Procedure

1. A written consent is required.
2. Inform doctors about drug allergy, your regular medications or other medical conditions.

### After the Operation / Procedure

1. Rest the wrist and prevent flexing the painful wrist can help to control inflammation and oedema.
2. Mobilize fingers and other joints of the upper limb can help to decrease oedema and enhance function.
3. If there is wound on the wrist, keep it clean and dry. Avoid wetting the wound. If there are stitches that need to be removed, usually, it will be removed 14 days after the operation.
4. If there is wound pain, take pain killers as prescribed.
5. If operation performed, and there is severe bleeding or purulent discharge from the wound, or persistent redness, swelling or pain over the wound, consult doctor immediately.
6. Remember to attend follow up as scheduled.

### Risk and Complication

1. It is rare, but there may be wound infection, Neurovascular damage or tendon injury etc.
2. Even after recovery, carpal tunnel syndrome still can recur. As patient's condition is different, the treatment and rehabilitation regimes may be different. If necessary, please seek professional advice.

### Alternative Treatment / Investigation

1. Appropriate rest and activity modification.
2. Occupational therapy, e.g. hand splint.
3. Oral medication, e.g. anti-inflammatory drugs, diuretics, etc.
4. Physiotherapy, e.g. ultrasound treatment.

### Disclaimer

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

### Reference

Kothari, M.J., Shefner, J.M., Eichler, A.F. (2019). Carpal Tunnel Syndrome: Treatment and Prognosis. UpToDate. Retrieved on 8/6/2020 from [https://www.uptodate.com/contents/carpal-tunnel-syndrome-treatment-and-prognosis?search=carpal-tunnel-syndrome-&source=search\\_result&selectedTitle=1~150&usage\\_type=default&display\\_rank=1](https://www.uptodate.com/contents/carpal-tunnel-syndrome-treatment-and-prognosis?search=carpal-tunnel-syndrome-&source=search_result&selectedTitle=1~150&usage_type=default&display_rank=1)

<p><b>Patient's Label</b>          Patient Name: _____          Hospital No: _____          Episode No: _____</p>
---

Patient's Signature: \_\_\_\_\_ Date: \_\_\_\_\_