

CARPAL TUNNEL DECOMPRESSION

Post-operative instructions

What has happened?

You have undergone an operation to decompress your median nerve and treat your carpal tunnel syndrome.

What to do now:

- Your procedure will be under a light sedation and local anaesthetic or a general anaesthetic depending on your circumstances.
- This is a day procedure and you will be able to go home on the same day.
- You will have dressings and a bandage around the treated hand, ensure these dressings are kept clean and dry. Your arm will be placed in a sling to reduce swelling in the post-operative period.
- Remove bandages day 3 post op – this will be done by our practice nurse.
- Keep hand elevated to ease swelling and pain
- You will have stitches that will dissolve in approximately 2 weeks.
- It is advised to limit the use of the affected hand to nothing more than a cup of coffee – for between 4-6 weeks.

Managing at home:

- You can return to normal household duties as you feel able, however minimizing the use of your affected hand is important during the wound healing stage.
- Cover your bandages with a plastic bag or similar to ensure all dressings remain dry while showering.

Exercise:

- Hand therapy is encouraged after your wound has healed.

Getting back to work:

- It is encouraged to return to work as soon as your wound has healed and you feel comfortable to do so.

Getting back to normal:

- It is normal to have good and bad days. Just remember to pace your return to activities by doing things slowly at first and a little bit at a time, then gradually build up from here each day.
- Within two months you should be doing most things fairly normally.
- Strenuous activities return more slowly.
- It is important to limit any lifting to no more than a cup of coffee for at least 4-6 weeks to allow optimal healing.