

## Carpal tunnel release surgery

These instructions are intended for printing. The instructions contain sections to be filled in.

Carpal tunnel syndrome means that the nerve in the carpal tunnel in the wrist is compressed. Symptoms include tingling sensations and numbness in the index and middle fingers especially at night, and dropping objects as grip strength decreases. Also, pain may occur in the wrist when it is bent or extended to extreme positions. A nerve release surgery is required to remove the symptoms.

### Procedure

The procedure is performed under regional anaesthesia. A curved incision is made on the palm side of the wrist. The structures that compress the nerve in the carpal tunnel are opened. If the nerve has been impinged for a long period of time, some of the symptoms may remain permanently.

### Rehabilitation

Swelling of the hand slows down healing and causes pain. It can be reduced by keeping the hand in an elevated position, also during the night, using for example a pillow. Moving your fingers and taking painkillers also help. The hand may be used in everyday chores as allowed by the pain. Avoid extreme positions of the wrist and lifting objects weighing over 1 kg until the sutures are removed.

### Wound care

The bandaging is kept for 1–4 days after the operation to prevent swelling and wound discharge. You may shower after the bandages are removed. You may shower the hand, but not soak it in water. The sutures are removed after 2 weeks in the health Centre, occupational health Centre or health clinic (neuvola) (\_\_\_\_\_). You may go to sauna 24 hours after the removal of the sutures. You may apply and massage moisturizing cream on the wound lightly beginning the third day after the removal of the sutures. This softens the dry skin and makes the scarring more resilient.

## Treatment of pain

It is recommended to take painkillers regularly for 2–4 days and after that when necessary:

Paracetamol

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Anti-inflammatory

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Strong painkiller

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Other medication

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Follow-up visit is not usually required.

Sick leave is 2–4 weeks depending on your occupation.

## Contacts

If you experience inflammatory symptoms (increasing pain, heavy swelling, warmth, redness, continuous wound discharge through the bandages) or anything else abnormal occurs, contact your health Centre or treating unit.

Day Surgery Unit on working days from 07.00–15.00, telephone 06 213 1552

Your own health Centre or occupational health Centre

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

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This instruction is intended for our patients who are in care relationship.