

# My Planned Care Patient Information Platform

## Carpal Tunnel Syndrome

### Introduction

You are awaiting a carpal tunnel operation due to carpal tunnel syndrome causing pins and needles, numbness and pain in your hand. A carpal tunnel operation involves a release of the nerve that is being squashed in your carpal tunnel at the wrist. Your clinical signs and in some cases nerve conduction studies have confirmed the diagnosis and the treatment of this is well established and the severity is such that surgery would be the best option to manage the symptoms.

### Guidance for Patients

Whilst waiting for your operation your symptoms can slowly worsen. This can lead to an increase in your pain and increase in numbness in your fingers. The operation planned for your carpal tunnel is unlikely to change but the outcome following surgery could be less successful. Whilst we apologise that you are in discomfort for a potential prolonged period we will endeavour to expedite your surgery and certainly try and do this within 3-4 months.

Simple measures may help improve your symptoms whilst you wait. These include taking painkillers (with guidance from your GP), using splints particularly at night and you could consider asking your GP for a steroid injection.

<https://www.nhs.uk/conditions/carpal-tunnel-syndrome/>

[https://www.bssh.ac.uk/patients/conditions/21/carpal\\_tunnel\\_syndrome](https://www.bssh.ac.uk/patients/conditions/21/carpal_tunnel_syndrome)

### What should I do if my health is deteriorating?

If your symptoms worsen please try all methods above. If your general health worsens you may need to seek advice from your GP. If you feel you no longer need or wish to proceed with your surgery please contact our secretaries who will take you off the waiting list.

If you feel your arm/hand health is deteriorating while waiting for a new patient appointment you should contact your GP.

However if you are waiting for an operation and your symptoms change you should contact the secretary for your consultant.

### Contact Us

Outpatient Team for new appointments – 01246 512673 or [crhft.outpatientsreception@nhs.net](mailto:crhft.outpatientsreception@nhs.net)

Orthopaedic Secretaries – 01246 513115 or 516120 or [CRHFT.Orthopaedics@nhs.net](mailto:CRHFT.Orthopaedics@nhs.net)