

Orthopaedics – Carpal Tunnel Release

Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you can support yourself while waiting to attend the hospital.

Guidance for Patients

Carpal tunnel release surgery is an operation to relieve symptoms of carpal tunnel syndrome which include numbness, tingling and pain in your hand. The operation involves dividing a ligament in your wrists to relieve pressure on a nerve that controls movement and feeling in your hand.

Whilst you are waiting for your carpal tunnel surgery stop or cut down on anything that causes you to frequently bend your wrist or grip hard, such as using vibrating tools for work or playing an instrument. A wrist splint can help relieve pain and will keep your wrist straight. It helps to relieve pressure on the nerve.

You may choose to wear it at night while you sleep. You'll have to wear a splint for at least 4 weeks before it starts to feel better. You can buy wrist splints online or from pharmacies.

Painkillers like paracetamol or ibuprofen may help carpal tunnel pain short-term. But there's little evidence to say they can treat the cause of CTS, so it's important not to rely on them.

It is important that while you are waiting for your surgery you remain as active and as medically fit as possible. Please see our general health advice on the My Planned Care website.

What should I do if my health is deteriorating?

If you feel you are becoming more unwell, **please call NHS 111 for medical review in the first instance.**

Contact Us

A dedicated e-mail address for My Planned Care enquiries: soh-tr.so-mpcqueries@nhs.net