

Orthopaedics -Carpal Tunnel Surgery

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 are able to support yourself while waiting to attend the hospital. The guidance has been written by clinicians who are responsible for your care.

Guidance for Patients

There are some things you can do at home which may help to alleviate your symptoms. Wearing splints during the night helps to maintain the normal alignment of your wrists. People often complain of pain and tingling which disturbs their sleep this is often due to a normal sleeping position with flexed wrists. Other common daily tasks which cause the wrists to stay in a flexed position are driving, holding a book or holding a phone for example. By altering your hand position symptoms may improve. It is also important to use your hands and practise wrist and hand movement exercises in order to avoid stiffness developing before your surgery. Try to avoid direct blows to the heel of your hand as this can worsen the condition.

If you suffer from another condition, particularly diabetes or thyroid disorders, it is important to maintain good control. A healthy diet and regular exercise will not only improve your physical health but can also help you get better quality sleep and improve your mental health.

What should I do if my health is deteriorating?

If your pain and tingling worsen, speak with your GP about suitable pain medication. It is common to experience pain in the arm. However, the tingling and numbness caused by carpal tunnel syndrome is restricted to the hand and fingers. If you experience new onset of tingling and/or numbness in the arm it is important to be seen and clinically reviewed, this could indicate a different condition. If your symptoms were intermittent but become constant and you are waking up every night, particularly if you have persistent numbness in your fingers, it is important to be reviewed clinically in order to assess the urgency of treatment.

If your mental health is affected and you are feeling low or anxious it is important to seek help and support from your GP, family and/or friends. There are also helplines and websites which can offer support if you don't feel able to talk to someone.

Contact Us

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