



Information and advice following Carpal Tunnel Surgery

Carpal Tunnel surgery is a result of compression / pressure on the median nerve as it passes through the Carpal Tunnel within the wrist. It is this median nerve which supplies sensation to the thumb, index finger, middle finger, and half of the ring finger.

With Carpal Tunnel surgery, your surgeon makes an incision over the palm and cuts the tissue pressing on the median nerve to release the pressure and allow normal nerve conduction.

Dressing:

Your hand will be bandaged to restrict motion and promote healing. This is usually left on until your next follow up appointment unless otherwise advised by your surgeon.

You will need to shower until then with a plastic bag over the arm to keep the dressing dry.

Pain:

Initially your wrist may feel somewhat uncomfortable and there may be some pain, but this should not persist for more than a day or two following your procedure. It is important to keep the hand elevated and practice gentle finger motion for the next 48 hours to reduce swelling and pain (a sling may be necessary).

You may also be prescribed analgesics which you can take regularly as needed.

Resume normal activities at home as tolerated but avoid putting too much strain on the wrist. Consult your surgeon with regards to when you may resume driving.

Notify your doctor if:

- The wound becomes red/swollen/there is a discharge
- If you develop a fever or feel unwell
- Excessive bleeding occurs
- Pain is not relieved by analgesics
- You experience numbness / tingling in the fingers that has become worse or is new
- Your hand colour is different to normal

If you have any problems or concerns related to your procedure please contact your doctor.

Epworth Richmond has an Emergency Department you may attend if necessary, or contact on +613 9426 6303.