

## Patient information sheet – Carpal tunnel release

### Why is Carpal tunnel release done?

Carpal tunnel release is a surgical procedure to treat Carpal tunnel syndrome, where there is numbness, pain, tingling sensation, weakness in the area of the hand supplied by the median nerve. The median nerve travels in a tunnel in the hand called Carpal tunnel where it gets compressed. This procedure releases the tunnel to release the pressure on the nerve. It is most commonly seen in diabetics, hypothyroid patients, women during pregnancy, software professionals due to long term computer use, obese people etc.

### What tests are needed?

After a thorough physical examination by your hand surgeon, an Electromyogram (EMG) of the Hand muscles, Nerve conduction study (NCS) of the hand and Ultrasound (USG) of the wrist may be required.

### How many days of hospital admission is required?

It is a daycare procedure and you will be discharged from the hospital on the same day of surgery.

### What does the surgery involve?

Dr Vybhav Deraje offers the most contemporary treatment with WALANT (Wide awake, Local anaesthesia, No tourniquet) surgery. Here you will be wide awake, the procedure will be done under Local anaesthesia without the usage of a tourniquet. Hence you will be absolutely comfortable throughout the procedure.

You will be admitted on the day of surgery. The surgery is conducted under local anaesthesia and takes about 30 minutes. A small cut is made in the wrist and the tunnel decompressed. Stitches will be applied to close the wound. Water proof dressings are applied. You will be given some pain killers and antibiotics and discharged on the same day evening. You will be given a splint to your hand to support the hand and reduce pain and swelling.

### What happens after surgery?

There will be a follow up appointment after 1 week to check the wound. Stitches are removed after 2 weeks. Most of the swelling goes down in a week, but improvements in symptoms can start after 6 weeks of surgery when the swelling and bruising completely recedes. Total recovery of the nerve can take 6 months to 1 year. You will need hand physiotherapy for 3-6 months after surgery.

### What is the downtime after surgery?

You will be able to go back to normal activities from the next day. Strenuous activity like jogging, gym and sports can be resumed after 6 weeks.

### What complications can I expect?

Infection, bleeding, swelling, bruising and pain are common complications that can happen. The pain will be managed by our acute pain service team while in the hospital. Scar will be there on the wrist, but usually settles down well with scar treatment. Incomplete recovery can be a possibility if the surgery has been delayed until irreversible changes to nerve has happened.

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**I have a few more questions. What do I do?**

Kindly write to us at [contact@drvvybhavderaje.com](mailto:contact@drvvybhavderaje.com). We will be happy to reply to any of your questions and concerns.

Disclaimer: This information sheet is for you to get a general idea about the condition and surgery. This is in no way a substitute for a formal consultation with your doctor.

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