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If you have any questions or concerns, call the office.



Carpal Tunnel Syndrome

You have been diagnosed with carpal tunnel syndrome related to numbness and tingling of the hand. The carpal tunnel is a narrow space in the wrist that contains the median nerve. It is surrounded by the bones of the wrist (carpals) and a thick ligament. The median nerve becomes compressed leading to numbness and tingling within the wrist and hand. Symptoms can sometimes be treated conservatively, with night splinting, medications, and cortisone injections, if mild. However, carpal tunnel syndrome often require surgery.

An EMG/NCS (Electromyograph/ Nerve Conduction Study) is a nerve test that is ordered to determine the severity of your symptoms and confirm the diagnosis. The severity of symptoms and EMG/NCS findings determine when surgery is indicated.

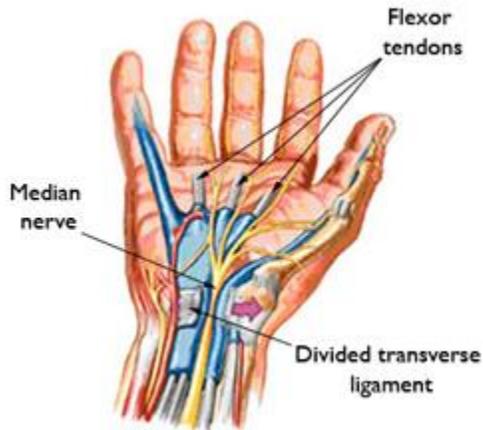
Carpal Tunnel Release

Your surgeon will make a small cut in the palm relieving the pressure on the median nerve. This procedure is usually performed under Local Mac anesthesia with sedation and local anesthetic (numbing medication) which means you will be asleep for the procedure under light sedation (less than required for general anesthesia). Your procedure will take approximately 1 hour- including recovery time. You will also be required to have a driver the day of surgery.

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What to expect after surgery

You will need to avoid heavy lifting. You will also be instructed to keep your bandage on, clean and dry until your post-operative appointment with your surgeon. Pain medication will be prescribed for post-operative pain relief. You will wean from this medication over time as your symptoms subside. You may also experience some bruising and/or swelling. These symptoms may be alleviated through Ibuprofen or Aleve, elevation, and ice. (Please do not take additional Tylenol if you are taking narcotic pain medication; this already has Tylenol). Some temporary loss of feeling or numbness is normal. Be cautious of extreme heat or cold. Your fingers will be free to perform normal activities of daily living and it is recommended that you keep your fingers moving to prevent swelling and finger stiffness after surgery; however, we suggest you refrain from repetitive gripping and heavy lifting until after your sutures have been removed.



Reasons to call our office

Please call our office if you experience abnormal drainage (yellow or green), fever over 100°F, chills, increasing redness around the incision site, or side effects from your pain medication such as prolonged nausea or rash.