

My Planned Care Patient Information Platform

Surgery and Cancer Division

Carpal Tunnel Release

Introduction

Your Orthopaedic surgeon has recommended that you undergo a Carpal Tunnel Release.

Guidance for Patients

Carpal tunnel surgery is undertaken to release pressure on a nerve in your wrist and palm. This is considered a minor procedure and is undertaken as a day case using local anaesthetic.

It is a very successful and common procedure; however, it is still an operation.

The risks associated with this type of operation include:

- Infection
- Nerve damage
- Scar tenderness
- Pain
- Recurrent symptoms

While you are waiting for your procedure your Orthopaedic surgeon may recommend an alternative management or treatment to support your symptoms. It is important that you consider these options too in the short term to support your wellbeing.

This may include:

- Pain relief medication
- A wrist splint
- An injection

What should I do if my health is deteriorating?

If you feel that your symptoms are getting worse, please contact your **GP or NHS 111 for medical review in the first instance.**

Your GP will be able to advise if this is something they can support you with during your wait or they will be able to contact the Orthopaedic team to discuss their findings in more detail and determine a management plan.

Contact Us

If you require any help please contact the Orthopaedic Scheduling Team on 01270 612310