

## Carpal Tunnel Release

### Introduction

You are awaiting a carpal tunnel operation due to carpal tunnel syndrome causing pins and needles, numbness and pain in your hand. A carpal tunnel operation involves a release of the nerve that is being squashed in your carpal tunnel at the wrist. Your clinical signs and in some cases nerve conduction studies have confirmed the diagnosis and the treatment of this is well established and the severity is such that surgery would be the best option to manage the symptoms.

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

It is important that while you are waiting for your outpatient appointment or surgery you remain as active and as medically fit as possible. If you have any long-standing conditions such as high blood pressure you should attend regular reviews at your Doctor's surgery to make sure it remains well controlled.

Maintaining a well-balanced diet is also important, as is reducing any excessive weight that may be impacting on your general health. If you are a current smoker it would be advisable to seek support to help with stopping.

#### **You may find the following resources helpful:**

**Versus Arthritis** - <https://www.versusarthritis.org/>

Versus Arthritis is an arthritis charity, especially geared towards helping individuals manage differing forms of arthritis. They have useful online exercise programmes especially designed for those with painful arthritic conditions that will help maintain flexibility. They also offer self-help tips for managing arthritic pain.

**Age UK** - <https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/arthritis/>

Age UK provides information on activities and exercise class held by local Age UK representatives. They also signpost to advice on healthy eating options and maintaining a healthy weight, as well as some of the options available to get help in the home (<https://www.ageuk.org.uk/information-advice/care/arrangingcare/homecare/>)

**NHS Website** - <https://www.nhs.uk/conditions/arthritis/living-with/>

This website carries useful information for those still at work and dealing with the impact of arthritis and useful links to financial and local government websites that may be able to offer you further support in your home.

**NHS Website - Living with arthritis** - <https://www.nhs.uk/conditions/arthritis/living-with/>

## My Planned Care Patient Information Platform

This website carries useful information for those still at work and dealing with the impact of arthritis and useful links to financial and local government websites that may be able to offer you further support in your home.

### Take Your Medication

Medicines are widely used by the NHS to prevent and treat poor health. When medicines are not taken or used properly, it can lead to poor and worsening health and wellbeing. Before taking any medication, carefully read all the instructions on the label and ask your doctor or pharmacist for help if you are not sure how to take them.

When it comes to getting the best from our medicines, we all need to know: it's OK to ask.

<https://meandmy Medicines.org.uk/>

You need to know:

- ✓ When and how to take them
- ✓ What you should and shouldn't take them with – such as alcohol or food
- ✓ Any side effects, both on its own or in combination with any other medication you're taking

#### What can I do?

- ✓ Learn about your medication
- ✓ Organise and plan your medication
- ✓ Take your medication as prescribed and complete the course

Read the written instructions that accompany your medication and keep in one place – in a drawer or folder – so that you know where to find them.

### What should I do if my health is deteriorating?

#### Urgent Health Advice

For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit [www.nhs.uk](http://www.nhs.uk). The NHS 111 service is available 24 hours a day, seven days a week.

#### Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.

#### What if my health has deteriorated in relation to the condition that I am waiting to be treated for at the hospital?

If you have already booked or attended an outpatient appointment at the hospital and your condition has deteriorated contact the relevant hospital and department

#### Whiston Hospital

Switchboard: **0151 426 1600**

Admissions: **01744 647 497**

## **My Planned Care Patient Information Platform**

**Note: this service does not offer urgent or clinical support, however they will direct you to who you need to speak with about your condition**