

## Surgical Division- Trauma and Orthopaedic Department

### Carpal Tunnel Decompression

#### Introduction

Your consultant has recommended you have a Carpal Tunnel Decompression which is a procedure to treat Carpal Tunnel Syndrome. When you attended the out-patient clinic you will have been provided with written information about this procedure. [If you did not receive the written information please contact the Orthopaedic Department, on 0151 604 7712.](#)

#### Guidance for Patients

Carpal Tunnel Syndrome is a condition where there is increased pressure on a nerve that crosses the front of your wrist (the median nerve). The median nerve runs through a tight tunnel on the front of your wrist together with the tendons that bend your fingers. If the tunnel becomes too tight it can cause pressure on the nerve usually resulting in pain and/or numbness in the thumb, index and middle fingers and weakness in the hand.

While you are waiting for your procedure your consultant 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 well-being.

#### This may include

- Using a wrist support
- A corticosteroid injection

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

If you feel you are becoming more unwell, please contact the Pre-operative Team on 0151 604 7104 in the first instance or your Consultants Secretary.

#### Contact Us

To enquire about your admission date or to re-arrange your admission date please contact: The Orthopaedic Admissions Office on 0151 482 7665.