

## Orthopaedics – Carpal Tunnel Release

### Introduction

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 can support yourself while waiting to attend the hospital.

### Guidance for Patients

Whilst you are waiting for your carpal tunnel surgery stop or cut down on anything that causes you to frequently bend your wrist or grip hard, such as using vibrating tools for work or playing an instrument. A wrist splint can help relieve pain and will keep your wrist straight. It also helps to relieve pressure on the nerve.

You may choose to wear it at night while you sleep. You'll have to wear a splint for at least 4 weeks before it starts to feel better. You can buy wrist splints online or from pharmacies.

Painkillers like [paracetamol](#) or [ibuprofen](#) may help carpal tunnel pain short-term. But there's little evidence to say they can treat the cause of Carpal Tunnel Syndrome, so it's important not to rely on them.

It is important that while you are waiting for your 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 get this reviewed at your Doctor's surgery to make sure it remains well controlled. This will also help prevent any unnecessary delays when you come for your pre-operative assessment. 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, advice can be found at your local pharmacy or Doctor's surgery or via the Oxfordshire Stop smoking service.

Oxford University Hospitals has a dedicated free health and wellbeing support service called Here for Health for staff, patients, their families, and visitors at OUH.

Here for Health forms part of the Trust's Clinical Support Services and offer holistic health and wellbeing information and support for patients as part of their care pathway. [Here for Health - Oxford University Hospitals \(ouh.nhs.uk\)](https://www.ouh.nhs.uk/here-for-health)

# My Planned Care Patient Information Platform

Here for Health focuses on what matters to you and offer a range of support methods to help you plan for:



- giving up smoking
- becoming more active
- eating a healthy diet
- reducing alcohol intake
- self-care for general wellbeing
- managing weight

We tailor your consultation to your individual needs, to make it as easy as possible to adopt small, sustainable, and realistic lifestyle changes to improve your health and wellbeing.

We have a wide range of resources and can help you access a variety of community services, including free stop smoking and weight management support. **01865 221429** [hereforhealth@ouh.nhs.uk](mailto:hereforhealth@ouh.nhs.uk)

## NHS websites

The NHS website Live Well provides advice, tips and tools to help you make the best choices about your health and wellbeing. [Live Well - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, Better Health is here with lots of free tools and support. [Better Health - NHS \(www.nhs.uk\)](http://www.nhs.uk)

## Oxfordshire Services

To support local Oxfordshire residents to stop smoking or lose weight, [Stop Smoking In Oxfordshire, Quit Smoking Today - Stop For Life Oxon](#) and [Home | Weight Loss Support | Achieve Oxfordshire](#) have been commissioned to provide free stop smoking and weight management support to the Oxfordshire community.

## Stop Smoking Service

[Stop Smoking In Oxfordshire, Quit Smoking Today - Stop For Life Oxon](#)

Stop for Life Oxon has been created to help you quit smoking in Oxfordshire through our free three-level support service **0800 122 3790**

If you are not ready to quit just yet but would like more information on how to protect your family, [Smoke free Homes](#), advises on how to make your home and car smoke free.

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## Weight Management Service

[Home](#) | [Weight Loss Support](#) | [Achieve Oxfordshire](#)

Achieve Healthy Weight Loss Oxfordshire is funded by [Oxfordshire County Council](#). We have partnered with leading weight loss providers to offer you a range of [FREE programmes](#) to help you achieve your goals. We also have valuable tools and skilled Health Practitioners to give encouragement throughout your weight loss journey.

### ACHIEVE INCLUSION/EXCLUSION CRITERIA

#### Inclusion:

- Oxfordshire resident, working in Oxfordshire, studying in Oxfordshire or registered to an Oxfordshire GP surgery
- You must be over the age of 18
- BMI greater than 30 **OR** greater than 27.5 with a comorbidity **OR** greater 27.5 if you are from a Black, Asian and Minority (BAME) community **OR** greater than 23 if you are from a BAME community and have a comorbidity. [Scroll down to use our BMI checker](#)

#### Exclusion:

- You must not have accessed a free service via Achieve Oxfordshire in the last 12 months
- You must not have been a paying member of Slimming World or Weight Watchers in the last 3 months

Unfortunately, we are unable to support you via one of our services if any of the following health statuses apply to you:

- Complex diabetes\*
- Known eating disorder - Other mental health conditions will be considered on a case by case basis
- Currently pregnant

[\\*Click here to view our full list of eligibility criteria](#)

To check your BMI, please click on the following link:

<https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>

## Being Active

There are lots of ways to get or keep active across Oxfordshire including walks and cycle routes as well as activities suitable for families and older people.

[Ways to Get Active](#) | [GO Active \(getoxfordshireactive.org\)](#)

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## 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.

### GP surgeries

GP practice staff are also helping patients to manage their conditions at home while they wait for hospital appointments.

GP surgeries are still open and are working differently to how they did before the COVID-19 pandemic and GP practices continue to make best use of telephone, online and video consultations. Face-to-face appointments are still being given to those who need it.

When you phone or use an online form to contact your GP surgery to make an appointment, you will be asked some questions which are designed to help staff guide you to the most appropriate clinical person to help you with your condition. This could be a nurse, clinical pharmacist, physician's associate, GP or paramedic.

## Contact Us

Please use the following email address for My Planned Care enquiries: [pals@ouh.nhs.uk](mailto:pals@ouh.nhs.uk)