Carpal Tunnel Release (Repair)

Carpal tunnel release is done to relieve the pressure on the nerves and tendons on the bottom side of your wrist.

BEFORE THE PROCEDURE

- This surgery may be done while you are asleep (*general anesthetic*) or may be done under a block where only your forearm and the surgical area is numb.
- If the surgery is done under a block, the numbness will gradually wear off within several hours after surgery.

LET YOUR CAREGIVER KNOW ABOUT:

- Allergies to food or medicine.
- Medicines taken, including vitamins, herbs, eyedrops, over-the-counter medicines, and creams.
- Use of steroids (by mouth or creams).
- Previous problems with anesthetics or numbing medicines.
- History of bleeding problems or blood clots.
- Previous surgery.
- Other health problems, including diabetes and kidney problems.
- Possibility of pregnancy, if this applies.

RISKS AND COMPLICATIONS

Some problems that may happen after this procedure include:

- Infection.
- Damage to the nerves, arteries or tendons could occur. This would be very uncommon.
- Bleeding.

HOME CARE INSTRUCTIONS

- Have a responsible person with you for 24 hours.
- **Do not** drive a car or use public transportation for 24 hours.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver. Take them as directed.
- You may put ice on the palm side of the affected wrist.
  - Put ice in a plastic bag.
  - Place a towel between your skin and the bag.
  - Leave the ice on for 20 to 30 minutes, 4 times per day.
- If you were given a splint to keep your wrist from bending, use it as directed. It is important to wear the splint at night or as directed. Use the splint for as long as you have pain or numbness in your hand, arm, or wrist. This may take 1 to 2 months.
- Keep your hand raised (*elevated*) above the level of your heart as much as possible. This keeps swelling down and helps with discomfort.
- Change bandages (*dressings*) as directed.
- Keep the wound clean and dry.

SEEK MEDICAL CARE IF:

- You develop pain not relieved with medications.
- You develop numbness of your hand.
- You develop bleeding from your surgical site.
- You have an oral temperature above 102° F (38.9° C).
- You develop redness or swelling of the surgical site.
- You develop new, unexplained problems.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop a rash.
- You have difficulty breathing
- You develop any reaction or side effects to medications given.

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