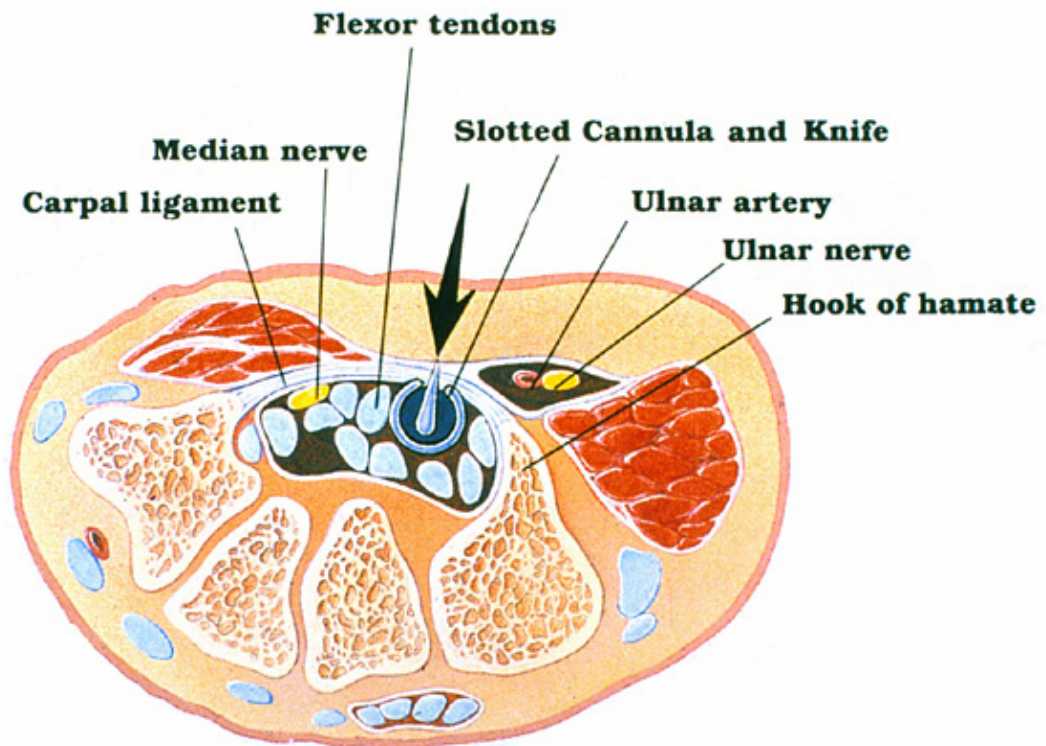


Endoscopic Carpal Tunnel Release

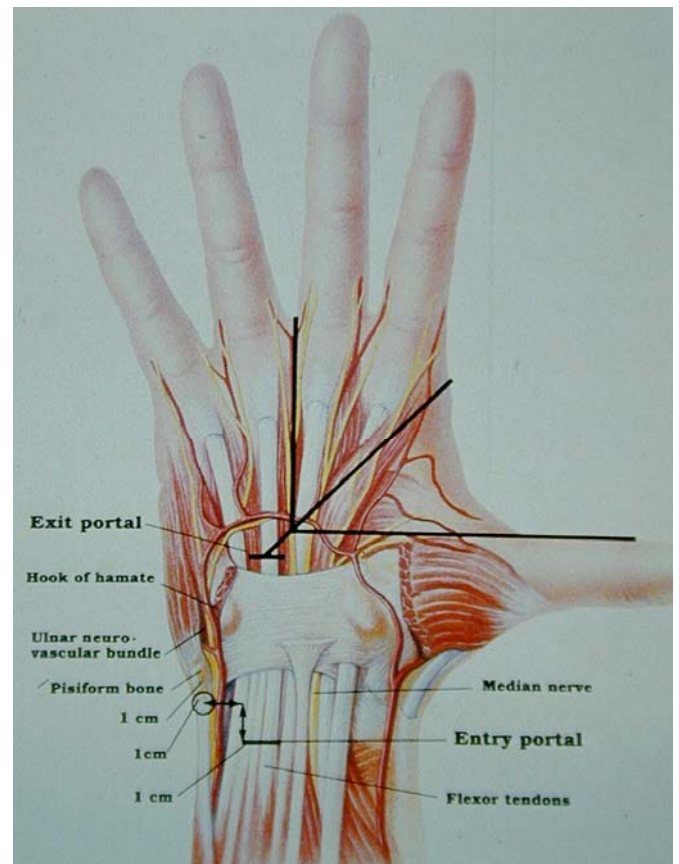
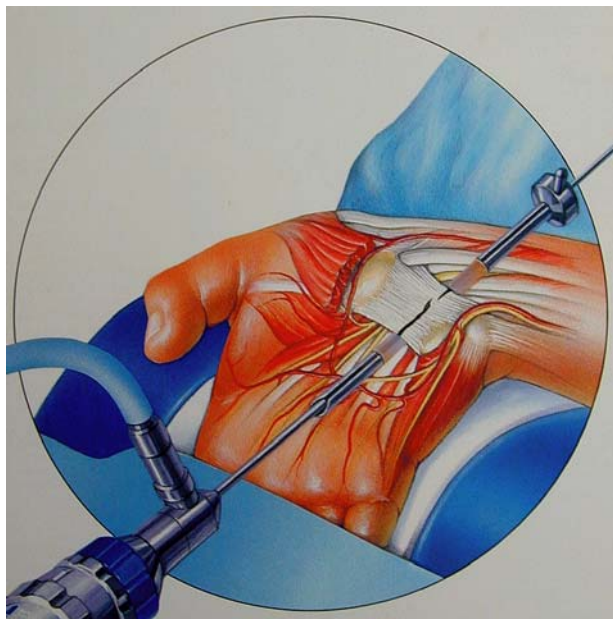
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The operation is performed under **local anaesthetic** as a **day only procedure**. You will be given a **sedating drug** through a drip which will make you feel drowsy & will tend to make you **forget** the details of your operation. If you are feeling anxious the anaesthetist can increase the dose of this drug. Even the most anxious of patients cope very well with the surgery under local anaesthetic.



The Flexor Retinaculum (band of tissue across the front of the wrist) is divided from within the carpal tunnel by special knives.

Local anaesthetic is used so that if the tube containing the knives passes near the median or ulnar nerves you will be able to let the surgeon know.

You may watch the operation on the television screen if you so desire but most people are unable to remember the details later due to the sedating drugs. One suture is inserted in the wrist wound.



At the end of the operation the movement of the fingers & thumb is checked. **It is not uncommon for the sensation in the fingers to be reduced for a few hours** until the local anaesthetic wears off. If this altered sensation persists for longer than 24hrs please notify your surgeon.

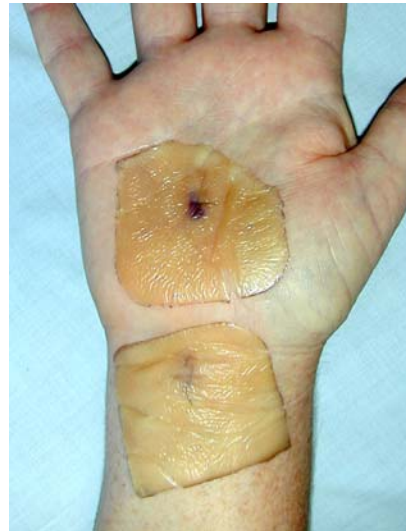
Activity Return

The recovery period from a carpal tunnel release is very **variable**. In general it takes about **3 months** to regain near normal function after the surgery.. **After 10 days you can do whatever pain permits & are unrestricted in your activities.**

Dressings

A **half plaster slab** is applied to the wrist for comfort. This can be removed after **48 hours** by undoing the outer bandage. After 72 hours the inner bandages can be removed and the 2 wounds cleaned with an alcohol swab. Allow the wounds to dry then apply a **Duoderm** dressing (Waterproof).

The hand can then be wet but try and avoid prolonged soaking.



Problems

In the very unlikely event that a good view of the tissue to be divided cannot be achieved or you experience pain then the endoscopic procedure is **abandoned** and an open carpal tunnel release is performed through a 4 - 5 cm incision.

A number of severe complications have been reported in the literature such as **injury to nerves, arteries & tendons**. These complications have largely been overcome by performing the procedure under **local anaesthetic**. I have not experienced any of these severe complications.

Travelling Home

You will be discharged the same day as the operation. Although you may feel wide awake after the operation the **effect of the drugs may be to make you forgetful** for a few hours and make driving hazardous. You should get a lift home accompanied by a friend or relative.

Follow up

You will be provided with an appointment time for removal of the suture, usually 7-10 days after the operation. The time and date is on your **operation report** (a copy will be provided to you for your records)

For more information on this condition and many other conditions access the Orthosports website on **www.orthosports.com.au** and select the **Hand Section**.