

A **carpal tunnel release** involves accessing the carpal tunnel through a small incision in the wrist. Through this incision, the median nerve (the one that was compressed and caused tingling/pain in your hand) is released. The incision is then closed with sutures and a large dressing is applied.

DAY OF SURGERY

Please review: *General Surgery Information Sheet*

Carpal Tunnel Release is a day surgery. You will be discharged home the same day as your surgery.

PREPARING FOR YOUR SURGERY

The Nurse assigned to your care will prepare you for your surgery.

You will:

- change into a hospital gown,
- have an IV inserted,
- have your height, weight and vital signs taken,
- have additional blood tests done if required.

WHEN IT IS TIME FOR YOUR SURGERY

- A Nurse will escort you to the Operating Room.
- You will speak with your Surgeon, Anaesthetist and Operating Room staff and have an opportunity to ask questions prior to your surgery.

DURING SURGERY

The surgery is performed with a tourniquet (tight cuff) around your arm. This allows the Anaesthetist to give numbing medication to the surgery arm. This tourniquet will be very tight. The Anaesthetist can give you some medication to help you manage this discomfort. The tourniquet is removed at the end of the surgery.

WHAT TO EXPECT AFTER THE SURGERY?

- You will be taken to the recovery room where a Nurse will monitor your vital signs and ensure you are recovering.
- Once you are fully awake from the anaesthetic, you are then ready to return to your room. You will be taken by stretcher to the Day Surgery unit where you will be monitored and be provided something to drink.
- Once you are ready to leave, the Nurse will provide you discharge instructions.
- Please follow the discharge instructions when you leave the Hospital.
- Ask questions and ensure you understand your discharge instructions.

DISCHARGE INSTRUCTIONS

- Do not remove the initial dressing. This will be removed during your postop visit which will be booked for the General Surgery Clinic before you leave the Hospital.
- Keep your hand elevated or in a sling to decrease swelling.
- Move your fingers frequently inside the dressing. This will speed the healing and restore function.

Do not hesitate to come into the Emergency Room if you experience any of the following:

- fever over 38°C or 99.5°F,
- increased pain, redness, swelling or numbness persists even though you have kept your hand elevated,
- chest pain associated with increased pain when taking a deep breath,
- sudden pain or swelling in the calf of your leg,
- pain that is not relieved by your pain medications.