

---

## Department of Neurosciences

# Carpal tunnel decompression

### What is carpal tunnel decompression?

One form of treatment for carpal tunnel syndrome is an operation called 'carpal tunnel decompression', which has been recommended for you.

- The operation involves cutting the ligament and releasing pressure on the median nerve.
- It is carried out under local anaesthetic as an outpatient and can take about 30 minutes.
- You may eat and drink as normal before and after your operation.

You may experience some bruising and soreness after the operation has taken place. However, the aim and benefit of this procedure is to relieve the discomfort and pain of carpal tunnel syndrome.

### Post operative instructions

- The bandage should stay in place until the stitches are removed unless instructed otherwise.
- If a sling has been given to you after surgery to keep the hand up for 48hours, please wear the sling during the day and rest your arm on pillows overnight. Continue to keep the hand raised above heart level as much as possible after this to reduce the swelling.
- Perform regular finger exercises such as bending and extending.
- Keep the hand clean and dry.
- If using rubber gloves remember that prolonged use will cause sweating and moistness which can cause complications.
- If your hand becomes cold or blue please loosen the bandage slightly.
- If your hand becomes painful as the local anaesthetic wears off, paracetamol or a similar pain killer may be taken according to manufacturer's instructions. If the pain

is excessive or your fingers are swollen, please contact the clinic or your GP, although this is unusual.

- Do not lift heavy objects until your hand has healed. This may take six weeks or more.

Please attend hospital or GP surgery for the removal of stitches on

.....

The appointment has been made for you.

You will be seen in outpatients.

If you are worried about your condition please contact:

- Ward A4 on 01223 217216 or your GP

This leaflet has been produced with thanks to Lorne Hepher and Rosemary Bentley of the Department of Plastic and Reconstructive Surgery, Addenbrookes Hospital.

Please ask if you require this information in other languages, large print or audio format:  
01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

## Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

## Cantonese

तमने आ माहिती नीहू भाषाओमां, मोटा अक्षरोमां अथवा सांभणी शकाय जेवा माध्यम  
(ओडीओ इमॅट)मां जेठनी छोय तो कृपा करीने पूछो.

## Gujarati

تکایہ پرسیار بکے نه گهر نه وزانیاریهت دهوی به زمانیکی تر , به بیٹی گهره یانیش به شیوهی دهنگ

## Kurdish

اگر آپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پر درکار ہوں تو براۓ مہربانی اس کیلئے درخواست کریں۔

## Urdu



Addenbrooke's is smoke-free. Please do not smoke anywhere on the site.  
For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

## Document History

Authors	Marie Louise Tak (Neurosciences) / Lorne Hepher & Rosemary Bentley (Plastic Surgery)
Department	Addenbrooke's Hospital, Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 2QQ <a href="http://www.addenbrookes.org.uk">www.addenbrookes.org.uk</a>
Contact number	01223 245151
Published	October 2007
Review date	October 2009
File name	Carpal_tunnel_decompression.doc
Version number	1
Ref	PIN 1566