

North Bay Regional Health Centre

Carpel Tunnel Release

Carpal tunnel syndrome is too much pressure on the nerve located in the wrist. If left untreated, permanent nerve damage may result. Surgery is required to loosen and open the carpal tunnel to relieve the pressure off the nerve.

This surgery is usually done under what is called a nerve block. The doctor freezes the nerves in the arm. You are usually awake during the operation. The anaesthetist will discuss other options with you prior to the surgery.

After surgery

- You will return to the Day Surgery Unit
- There will be a dressing over your incision on the wrist. At first your hand will feel numb but as the freezing wears off, so will the return of sensation. You may need a sling for a few days after the surgery to keep your hand up. This reduces the chance of swelling.
- You may experience pain after the freezing wears off. Ask your nurse for pain medication. Your doctor will discuss other options for pain management with you.
- You will be discharged from the hospital when your doctor feels you are ready to go home.
- It is recommended that you consult with your doctor if you have any concerns.