

**NEUROLOGICAL SURGERY ASSOCIATES, P.C.**  
**Brookwood Medical Plaza**  
**513 Brookwood Boulevard, Suite 372**  
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**CARPAL TUNNEL RELEASE**

**CARPAL TUNNEL SYNDROME:**

This is a condition where a ligament protecting the peripheral nerve going into your hand (carpal tunnel) has become thickened causing entrapment or compression of the nerve. This may cause pain, numbness and tingling of the hand and fingers. This condition is often manifested in people who do repetitive hand motions, such as typing, working on assembly lines, etc.

**WHAT IS THE PROCEDURE?**

Carpal tunnel release (CTR). You will be taken to the surgery suite, and appropriate anesthetic will be administered. An incision will be made from mid-palm to your wrist. The ligament entrapping the nerve will be clipped. The incision will be closed with skin sutures and a sterile dressing applied.

**PRE-OPERATIVE INSTRUCTIONS:**

Your admission will be registered with the hospital by our office. We will contact your insurance company for pre-certification requirements. You will be responsible for inquiring whether a second surgical opinion is required by your insurance.

The evening before your surgery-

**DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.** This includes gum, mints, cigarettes and your morning coffee. The anesthesiologist will not administer anesthesia if you have had anything by mouth after midnight, and your surgery will have to be postponed. If you are taking any medications please check with us to see if you should take them the morning of your surgery. If you are on any blood thinners or steroids, please contact our office. You must be off blood thinners for 5 days before surgery. Steroids must be discontinued in tapering doses.

If you are not sure about your medications, please contact our office. Please notify our office if your medical condition has changed since your last office visit or if you develop fever, rash, vomiting, diarrhea or productive cough.

The morning of your surgery-

**Don't eat or drink anything!!** Don't wear makeup, contact lenses, wigs, hairpins, etc. Leave all jewelry and valuables at home. Please remove any body piercing and dark finger nail polish. **Arrive promptly at your scheduled time. If you are late, your surgery may have to be canceled or delayed.** Bring your medications with you or bring a list that includes name of medication, dosage and when you take them. If you have a living will, please bring a copy to go with your chart.

### **LAB WORK:**

Each patient undergoing a surgical procedure is required to have pre-operative lab work including an HIV screen (AIDS test) and Hepatitis profile drawn before surgery. This must be done at least one week before surgery but no more than two weeks. If your surgery is scheduled at Brookwood Medical Center, please call (205) 877-1980 to schedule your preadmit testing. **Please have your advance testing done between \_\_\_\_\_.**

### **RECOVERY:**

Once your surgery is finished, you will be moved to a recovery room inside the surgical area. Your stay in recovery will last at least one hour. During this time you will be closely monitored by nurses and anesthesia staff. You will be allowed to eat crackers and drink liquids. You will be assisted to the restroom and we encourage you to use the restroom prior to your discharge.

### **LEAVING THE HOSPITAL:**

Upon discharge from the hospital, you will be given post-operative instructions including prescriptions for pain medication and antibiotics. You will also be given an appointment for suture removal approximately 12-14 days after your surgery. **You need to make arrangements for transportation home as you will not be allowed to drive yourself.**

### **HEALING PROCESS:**

Although the nerve compression has been corrected with surgery, it will take time for the nerve to heal, and the tissues around the area of the incision will go through a healing process. Therefore, you may experience symptoms very similar to your pre-operative condition. After suture removal, you may soak your hand in warm water, and begin exercising your hand by squeezing a small rubber ball. Numbness is usually the last symptom to resolve. Most of your pain should resolve over a period of 4 weeks.

### **RETURN TO DAILY ACTIVITIES:**

Use the following as a guideline:

- 1) Driving. You should not drive a straight shift for four weeks after surgery.
- 2) Working. If you have a manual labor type job, you should not plan to return to work for 4-6 weeks following surgery. At your post-op return office visit, the doctor will assess you and determine at what point you may return to work. If you have a predominantly sedentary job, you can plan to return to work in a part-time capacity after two to three weeks. Caution and common sense should be used to determine whether or not you should engage in any activity.

**PRE AND POST OPERATIVE QUESTIONS:**

If you have further questions regarding your scheduled procedure, please contact our office Monday through Thursday between 8:00 a.m. and 4:00 p.m. If the questions are regarding the scheduling of your procedure, date and time, insurance precertification or scheduling of preadmit testing, please request to speak with or leave a message for Julie. If your questions pertain to medical information or medications, please request to speak with or leave a message for Dr. Swaid's S.A., Kristi at 205-949-1800.

THIS INFORMATION SHOULD BE USED AS A GENERAL INFORMATION SHEET ONLY AND SHOULD NOT BE USED IN LIEU OF MEDICAL TREATMENT. AS INDIVIDUAL CONDITIONS VARY, ALWAYS CONTACT YOUR DOCTOR REGARDING YOUR HEALTH CARE.