

Scar Healing

Your wound will take approximately two weeks to heal and form a scar. Once healed it is important to start massaging the scar. The exercise not only helps improve tenderness but helps restore the skin to a more normal appearance.

To complete your scar massage, use a non-perfumed cream with small and fairly firm circular motions directly into the scar. Ensure you work along the entire length of your scarring.

Scar Sensitivity

It can be common for the scar to remain sensitive for up to six weeks post-surgery. To help with this, lightly tap the area of your hand that is most tender with the fingertips of your other hand. In addition, stroking different textured materials over the sensitive area combined with the scar massage mentioned above can also help desensitise the area. If your sensitivity does not improve, contact the department who can advise you further.

If you have any of the following problems, please contact the ward where you were admitted:

- Pain that is not relieved by taking your pain killers
- Bleeding that will not stop after applying gentle pressure
- Any redness on your skin which feels hot to the touch and goes past the end of the dressing
- You feel generally unwell
- Have a green/brown smelly discharge coming through the dressing.

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Carpal Tunnel Decompression

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Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatkach.

Therapist: _____

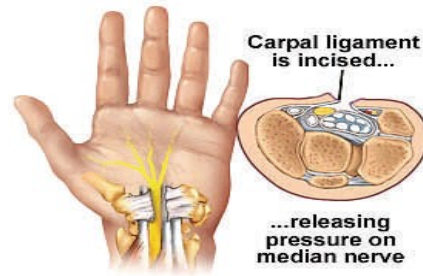
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Carpal Tunnel Decompression

The carpal tunnel is made up of the bones in your wrist and a ligament which runs across the base of your palm. Several tendons and your 'median nerve' run through the tunnel to supply movement and sensation to your fingers.

You have had surgery to release the Carpal Tunnel.

This procedure involves releasing the ligament that forms the top of the tunnel on the palm side of the hand, therefore easing the pressure on the nerve.



Following the operation, your symptoms may not be relieved immediately and can take up to several months to settle or improve. In addition, total clearance of your symptoms can be dependent on how long and how severe your original symptoms were before the operation.

Dressings

You will attend your local treatment room for the first change of dressing, or remove them independently at 10 days post-surgery.

You will receive a consultant follow up at approximately 3 months post-surgery.

Returning to Functional Activities

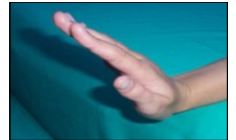
Light function can be started within 2-3 weeks, however heavy gripping and lifting should be avoided for 4-6 weeks post-surgery.

You should allow 2 weeks post-surgery before returning to drive.

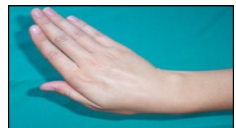
Exercises

Stiffness can be common post any surgery. It is important to keep all unaffected joints moving (e.g. fingers, thumb, elbow and shoulder) and gentle wrist movement can be done within your dressings. **Once your dressings have been removed the following exercises should be completed to help get mobility back in your wrist.**

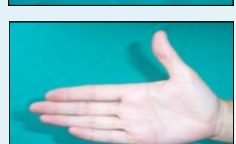
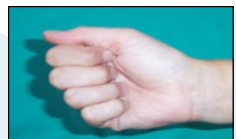
1. Rest your hand over the edge of a table. Lift your hand up at the wrist as far as possible and then drop your hand down as far as possible



2. Place your hand flat on a table, moving your wrist only, slide your hand from side to side



3. Start with fingers straight make a full fist, then straighten out again.



4. Touch each fingertip and slide your thumb down each finger into the palm one by one

