



Carpal Tunnel Syndrome

Reviewed: August 2026
Next review: August 2027
Version 9

> About this leaflet

The purpose of this leaflet is to tell you about Carpal Tunnel Syndrome, Carpal Tunnel Decompression Surgery, and looking after your wound.

> Carpal Tunnel Syndrome

What is the Carpal Tunnel?

The Carpal Tunnel is a bony canal at the base of the wrist bounded on 3 sides by the carpal bones and covered by a thick ligament. It is as wide as the thumb and contains the tendons that bend the fingers and thumb and the Median nerve.

What is Carpal Tunnel Syndrome?

Carpal Tunnel Syndrome is when the median nerve is compressed as it passes through the Carpal Tunnel.

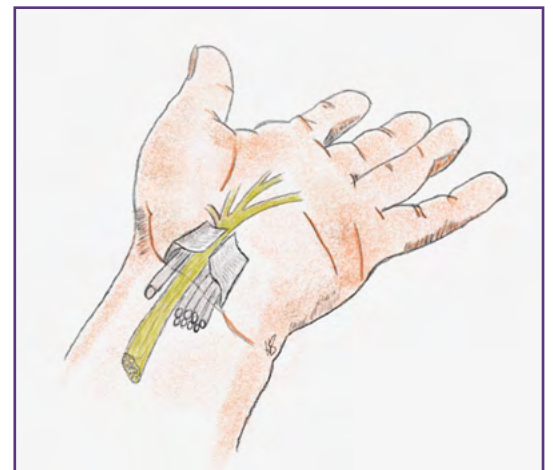
Who does Carpal Tunnel affect?

It occurs more commonly in women than men by a ratio 3:1, and generally affects people aged 30-50 years but can occur at any age. It can occur in people with arthritis, thyroid problems, during pregnancy or after a fracture, but in most people, no cause is identified.

What are the symptoms of Carpal Tunnel Syndrome?

Carpal Tunnel Syndrome causes a pinching of the nerve, resulting in wrist pain, numbness and tingling. In the early stages, numbness and tingling are intermittent and sensation will return to normal.

If the condition worsens, the altered feeling may become continuous, with numbness in the fingers and thumb together with weakness and wasting of the muscles at the base of the thumb.



Symptoms may include:

- altered feeling in the hand, affecting the thumb, index, middle and ring fingers (it is unusual for the little finger to be involved);
- pins and needles,
- a weak grip,
- feeling less coordinated, especially when carrying out fine hand movement,
- dropping things

How is Carpal Tunnel Syndrome treated?

In the early stages, Carpal Tunnel Syndrome may be reversible if:

- provocative activities are reduced,
- anti-inflammatory drugs are taken,
- a wrist splint is used, and
- cortisone injections are given.

When non-operative treatments have failed and symptoms increase, surgical intervention can be carried out to prevent permanent nerve damage.

About Carpal Tunnel Decompression surgery

What do I do on the day of surgery?

The surgery is carried out under local anaesthetic, so you can eat and drink as normal before you come in. You should take your usual medications unless you have been instructed not to by the hospital.

On arrival at the hospital one of the nursing staff will ask you some questions about your health and medications and prepare you to come to theatre. You will see your surgeon who will be able to answer any questions you might have about your operation.

What happens in the surgery?

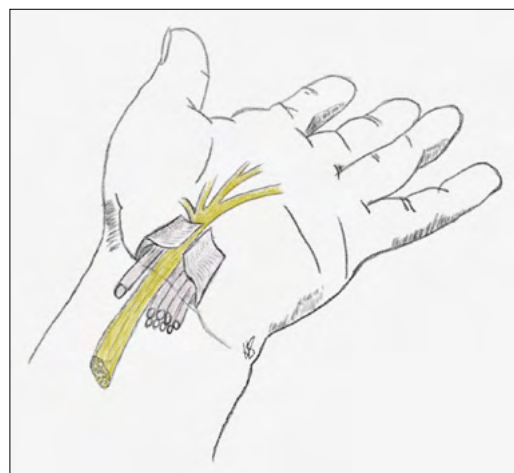
Carpal Tunnel Surgery takes the pressure off the Median Nerve.

The palm of your hand will be numbed with a local anaesthetic. This means you will not feel any pain during the surgery, but you may feel some pressure.

A tight band called a tourniquet will be placed on your upper arm to stop the blood flow for a few minutes so that the surgeon has a good view to do the operation.

Your surgeon will make a small cut over the tunnel, divide the ligament that sits tight over the nerve, and close the wound with a few stitches.

The operation is performed as a day case and usually takes about 10 minutes.



What are the risks?

Risks include:

- infection,
- bleeding,
- persistent symptoms,
- numbness or weakness may not fully resolve,
- recurrent symptoms,
- stiffness of the hand,
- decrease in grip strength and a weak feeling for about 6 months,
- a tender scar / pain either side of the scar,
- pain when leaning on the hand - such as pushing up out of a chair.

Tenderness/ pain can last a few months, or up to 1 year in rare instances. This can be improved by massaging the scar after your stitches are removed.

What are the potential complications?

The risk of a serious severe complication is very low.

There is a risk that the nerve or one of its small branches which supply sensation to your palm or the muscles which help move your thumb could get injured. This could leave you worse off than you are at the moment.

There is a very unusual and rare condition that can occur after any hand surgery. Complex Regional Pain Syndrome (CRPS) causes stiffness, swelling and pain out of proportion to what you have had done. This can be treated with special pain relief and physiotherapy but it can take a long time to recover from it.

After your surgery

What happens immediately after my surgery?

On return from theatre, you will have a large bandage on your hand. You will be asked to keep your hand elevated to reduce any swelling.

The nursing staff will check your blood pressure and pulse. If this is all OK, you will be able to go straight home.

If you normally use a walking aid in the hand to be operated on, you will be seen by a Physiotherapist before you go home to ensure that you can walk safely. You should make sure that you keep your shoulder and elbow joints moving regularly on the operated side.

What can I expect during my recovery from surgery?

Night pain and tingling usually disappear within a few days. In severe cases, improvement of constant numbness and muscle weakness may be slow or incomplete. It generally takes about 6 months to regain full strength and 3 months for your scar to become comfortable.

When will I have a follow-up appointment and what will happen at it?

Most people will not need to come back to the clinic for a follow-up appointment. If you have any problems or concerns, then you can telephone the ward or the orthopaedic clinic or email gjnh.handsurgery@gjnh.scot.nhs.uk for advice. Orthopaedic helpline number: **0141 951 5553**

Out of hours contact NHS24 on 111 if you think it's an emergency.

What should I do if I experience any complications after my surgery?

Contact the Surgical Day Unit immediately if you experience:

- any further swelling,
- increasing pain,
- numbness,
- change in the colour of your fingers, or
- you are worried about your progress after the operation.

Caring for your hand immediately after surgery

Dressings

Keep your dressing clean and dry. You may need to use a plastic bag or rubber glove in the shower or you can purchase a waterproof cover online.

You may have been advised that you can take off the large bandage 2 days after your operation. You will have been supplied with some spare sticky dressings, but do not change this dressing unless you have to. If the dressing comes off by itself, try not to touch the wound, but do make sure that the skin is dry before replacing the dressing.

Keep the swelling down

You should avoid any vigorous use of your hand until at least the stitches are removed. You should avoid heavy lifting for the first month after surgery.

Driving

It is not recommended to drive until the stitches have been removed and your hand is comfortable enough to drive safely.

Removal of stitches

You should make an appointment with practice nurse to have the stitches removed between 10 and 14 days after your operation.

Caring for your scars

You can start your wound care after your stitches have been removed, and the scabs have gone from the wound.

What is a scar?

A scar is a mixture of blood vessels, cells and fibrous tissue where there was once a wound in the skin. People scar differently. Scars are as unique as the individual.

Scars lose the ability to produce their own oil and sweat, like the rest of the skin. After your stitches have been removed, it is important to moisturise and massage your scar regularly with a non-perfumed cream.

How long do scars take to mature?

Your scar will go through a process of changing colour, depth, texture and shape over a period of 12 to 18 months.

How should I massage my scar after Carpal Tunnel surgery?

Using an un-perfumed cream, perform deep and firm circular movements across the scar line and the area immediately around it. This ensures that the scar does not stick to the underlying surface which then helps the structures under the skin to move freely.

If you have any questions about caring for your scar, please speak to your Surgeon.

How often should I massage my scar?

You should massage your scar at least twice a day for a minimum of 2 minutes, for 3 months after your stitches are removed.

What are the benefits of massaging my scar?

Massaging the scar stimulates the area around it, helping to reduce redness and swelling and speeding up the maturation and flattening of the scar.

Scars with altered sensation will significantly improve with regular massage. If your scar is tender, it is very important to touch it.

Scar Management



To view our video on scar management, scan the QR code or visit:
youtu.be/bfs5TUgH_3g

Stiffness Management



To view our video on stiffness management, scan the QR code or visit:
youtu.be/LbtAlwnQcU

Do's and don'ts for general activity

Work

You may be off work for up to 6 to 8 weeks depending on your type of employment. Please discuss this with your surgeon.

Heavy lifting

You should not do any heavy lifting for the first 4 to 6 weeks after surgery.

Driving

You should not drive with stitches in your hand.

At home

Your ability to complete basic tasks will be reduced when you first go home. If you usually rely on your operated hand, your ability to prepare meals will be affected. You can do much to minimise any inconvenience by preparing before you come into hospital, for example:

- stock up on easy to prepare meals,
- make alternative arrangements for shopping, and
- make alternative arrangements for domestic tasks.

If you have any concerns about how you will manage at home, please let us know. Our Occupational Therapist may be able to offer some practical advice.

Further information

If you have any questions or concerns, please email gjnh.handsurgery@gjnh.scot.nhs.uk or contact the orthopaedic clinic during office hours on **0141 951 5553**.

All of our publications are available in different languages, larger print, braille (English only), audio tape or another format of your choice.

我們所有的印刷品均有不同語言版本、大字體版本、盲文（僅有英文）、錄音帶版本或你想要的另外形式供選擇。

كافة مطبوعاتنا متاحة بلغات مختلفة و بالأحرف الطباعة الكبيرة و بطريقة بريل الخاصة بالمكفوفين (باللغة الإنكليزية فقط) و على شريط كاسيت سمعي أو بصيغة بديلة حسب خيارك.

Tha gach sgrìobhainn againn rim faotainn ann an diofar chànanan, clò nas motha, Braille (Beurla a-mhàin), teip clàistinn no riochd eile a tha sibh airson a thaghadh.

हमारे सब प्रकाशन अनेक भाषाओं, बड़े अक्षरों की छपाई, ब्रेल (केवल अंग्रेज़ी), सुनने वाली कसेट या आपकी पसंदनुसार किसी अन्य फॉर्मेट (आरएफ) में भी उपलब्ध हैं।

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ہماری تمام مطبوعات مختلف زبانوں، بڑے حروف کی چھپائی، بریل (صرف انگریزی)، سننے والی کسٹ یا آپ کی پسند کے مطابق کسی دیگر صورت (فارمیٹ) میں بھی دستیاب ہیں۔



: **0141 951 5513**