

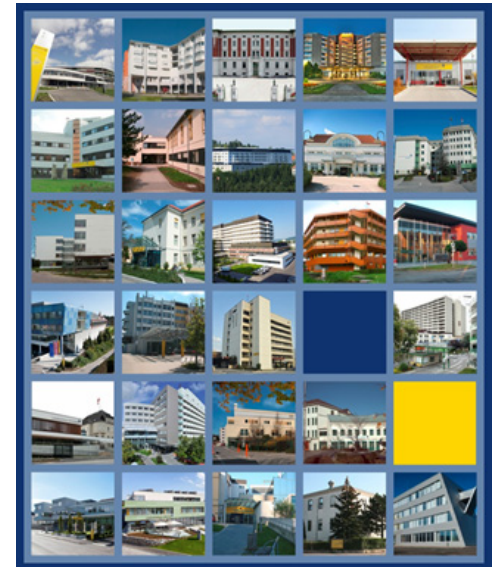
In the case of complaints (pain, discolouration of the fingers, increase in swelling), you should visit a doctor or our outpatient clinic.

We hope that this information is of some assistance to you and would be happy to answer any further questions you may have at any time.

We wish you a speedy recovery!

Your surgical team

Surgery Discharge information



Guidelines following surgery for carpal tunnel syndrome

Publication details:

Media owner: NÖ Landesgesundheitsagentur

Version 05/2015

Infoblatt Karpaltunnelsyndrom

Dear patient,

You have undergone surgery for carpal tunnel syndrome (CTS).

Further to our discussion when you were discharged and the doctor's letter, we would like to provide you with some more information relating to the time after your stay with us.

Please observe the following to ensure the most favourable treatment outcomes:

After discharge

- You should move your fingers as much as the bandage allows.
- Do not allow your arm to hang down for too long (carrying it at the same height as your heart is recommended).
- Do not use a triangular bandage (puts pressure on the cervical spine and causes stiffening of the shoulder).

- The bandage should not become wet; if this does occur, then please visit our out-patient clinic.

Removal of stitches and scar treatment

- Your stitches will be removed 10-14 days after surgery.
- Hand washing is permitted from the 1st day after your stitches are removed.
- Lengthy baths are possible 2-3 days after your stitches are removed.
- A healing ointment can be used to treat the scar.
- We recommend massaging the scar using small, circular movements.
- Rest the wrist joint for a further four weeks.

General information

- Tingling in the fingers and/or shooting pain as well as a slight loss of strength is normal in the first few months.
- Occupational therapy can be provided, if necessary.
- Driving is not permitted until full functionality has returned to the affected hand.
- If your other hand is also affected by CTS and you would like surgical treatment for this, we would recommend that this procedure is carried out at the earliest three months after surgery on the first side.