

## NEW ALBANY SURGICAL HOSPITAL



### Patient Information Before Your Surgery

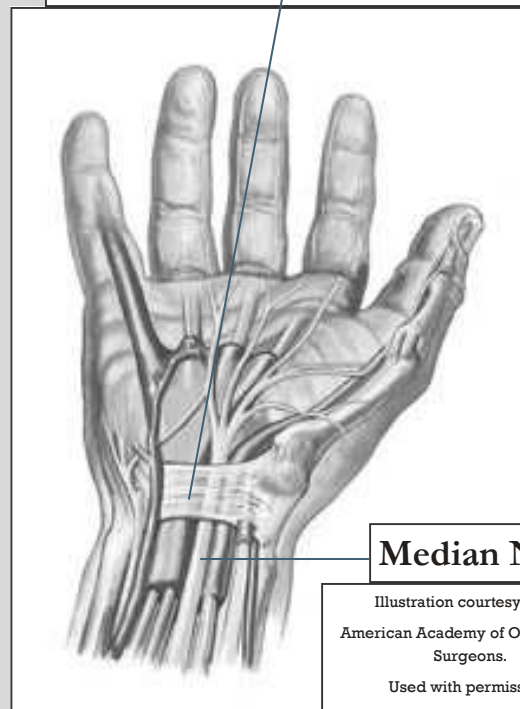
## Carpal Tunnel

Physician: \_\_\_\_\_ Phone: \_\_\_\_\_

### Basic Hand Anatomy

The median nerve and nine tendons travel from your arm through a “tunnel” into your hand. The bottom and sides of this tunnel are formed by wrist bones. The top (palm side) of the tunnel is formed by a strong ligament called the Transverse Carpal Ligament. The nine tendons connect your muscles to bone and allows you to bend your fingers and thumb. The Median Nerve provides feeling from your hand up the arm and allows you to grasp small and large objects. The nerve and tendons are covered with a lubricating membrane called synovium.

#### Transverse Carpal Ligament



#### Median Nerve

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American Academy of Orthopaedic  
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### About Carpal Tunnel Syndrome

Carpal Tunnel Syndrome results when the median nerve is compressed as it passes through the narrow tunnel of bone and ligament at the wrist. As a result of this compression, you may experience symptoms such as pain, numbness and tingling. As Carpal Tunnel Syndrome gets worse you may experience a weak grip or begin to drop things.

Carpal Tunnel Syndrome is caused by anything that results in swollen, inflamed or scarred tissues including the normal wear and tear of the aging process, repetitive hand movements, fluid retention and bone fractures.



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## About Carpal Tunnel (continued from previous page)

The treatment of Carpal Tunnel Syndrome usually begins with the use of a wrist splint and/or medications. Night splints and occupational splints help keep the wrist in a neutral position, preventing the pressure on the nerve that results from moving the hand up or down at the wrist. Non-steroidal anti-inflammatory medication is frequently used to treat pain and inflammation. Sometimes, a steroid medication is injected directly into the carpal tunnel to bring relief from bothersome symptoms.

### Surgical Solutions

Sometimes, Carpal Tunnel Syndrome resolves on its own. However, surgery is generally recommended if you are at risk for permanent nerve damage, have severe pain or have other symptoms which persist in spite of non-surgical treatment measures. Carpal Tunnel Surgery involves the release of the ligament which forms the palm side of the Carpal Tunnel. Releasing the Transverse Carpal Ligament opens up the tunnel and alleviates the pressure on the nerve.

### Before your surgery

- You will receive a patient information guide from your surgeon's office. Please be sure to read the guide and call us with any questions you might have. Pay particular attention to the section "Preparing for Your Hospital Visit" and "Preparing Your Home".
- Please bring your patient information guide (and any additional instructions you have been given) with you to the hospital. We will be reviewing and adding information to your guide to help you with your recovery process at home.
- Please be sure to bring an adult with you to drive you home and stay with you over the next 24 hours.

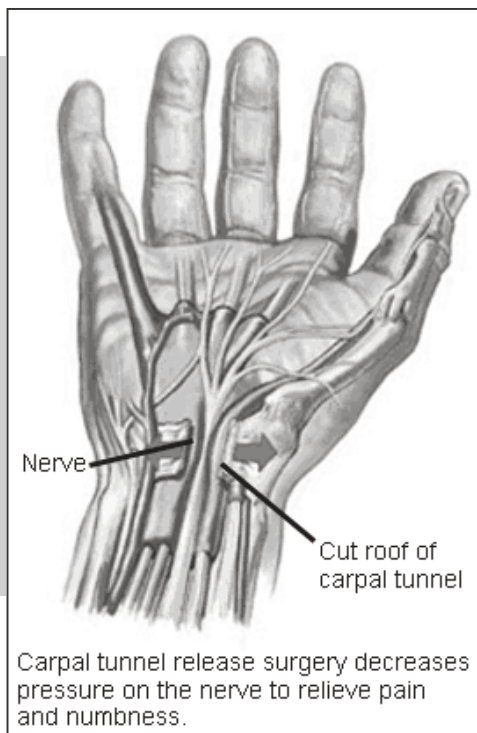


Illustration courtesy of the  
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### After your surgery

- Your symptoms may persist for a short period of time until healing is complete. Tenderness at the incision and numbness are not uncommon.
- After your surgery you will receive instructions on activity, pain control, comfort, diet and when to call your doctor. Please let us know if you have any questions or concerns.