

Carpal Tunnel Syndrome

A Guide for Patients/Families



This brochure provides information about Carpal Tunnel Syndrome and its management after the surgery. It is designed to respond to questions most frequently asked by patients and their families.



آغا خان یونیورسٹی ہسپتال، کراچی

The Aga Khan University Hospital, Karachi.

P.O. Box 3500, Stadium Road, Karachi-74800, Pakistan,

Website: www.aku.edu

What is Carpal Tunnel Syndrome?

A nerve disorder in the hand that causes pain and numbness, frequently in the thumb and fingers. It involves the median and/or ulnar nerve at the wrist joint and the blood vessels and tendons of the hand.



What Causes this Syndrome?

It is usually the pressure on the nerves at the wrist that is caused by swollen, inflamed or scarred tissue. The sources of pressure may include:

- Swelling of the ligament frequently from arthritis;
- Numbness of the forearm;
- Sprain or dislocation of the wrist;
- Pregnancy;
- Hypothyroidism;
- Rheumatoid Arthritis.

What are the Signs and Symptoms?

- Sharp pain that shoots from the wrist up to the arm, especially at night;
- The patient may feel tingling or numbness in part of the hand;
- Burning sensation in the fingers;
- Morning stiffness or cramping of hands;



Checks

The following checks of the operated limb must be carried out six times a day:


- Sensation on the fingertips;
- Colour of fingertips. Blanching on pressure and pink on release;
- Motion of fingertips;
- Temperature (Should be normal to touch).

Things to Remember

- Support your operated limb in an armsling during the day;
- Rest your operated limb on two pillows while at rest/sleep;
- Avoid soiling or wetting the dressing.

Follow-up

It is important for you to keep your follow-up appointment as written in your appointment card. If you are unable to keep this appointment, call Consulting Clinic 2 Ext: 1027 for advice.



**Report to Orthopaedics Clinic or Emergency Room
if you feel:**

- Uncontrolled pain;
- Your Fingertips are pale or blue;
- Excessive swelling/tightness of dressings;
- An in ability to move fingers;
- Dressing is soiled.

For further information, please call

Surgical Day Care	Emergency Room
Monday to Friday	24 Hours
From 8:00 AM – 5:00 PM	Aga Khan University Hospital
Aga Khan University Hospital	Karachi.
Karachi.	Phone : 4930051, Ext : 1090-91
Phone : 4930051, Ext : 1422-23	