
The Leeds Teaching Hospitals



NHS Trust

INFORMATION FOR PATIENTS

Discharge Advice following Carpal Tunnel Decompression



Wound care

Your wound will be covered with an adhesive dressing and padding, covered with a bandage. This should offer some protection against knocks in the first couple of days at home. After this, you may take down your dressing and get the wound wet but avoid using perfumed soaps and ensure that the wound is dried well.

Your sutures will be removed 7 days after the operation. Arrangements will be made with your GPs practice nurse to remove these.

If the wound becomes red, inflamed, and painful or begins to discharge or ooze, contact your GP.

You may feel numb around the scar; this is normal and usually improves with time.

Medication

If you were previously on painkillers at home, please continue to take these if necessary.

You will be given a letter to give to your GP, this gives a brief explanation of why you have been in hospital and what medication if any, you have gone home with. You must drop this in at the doctor's surgery but unless otherwise advised, you do not have to see him/her.

Outpatient appointments

You will receive an outpatient appointment through the post once you are at home. If you do not receive this, please ring your consultant's secretary.

Lifestyle

You may return to work when the sutures have been removed. This may depend on the type of work you do. Please ask your surgeon for advice if necessary.

If you have any further problems or queries following your discharge, please feel free to contact us on the below numbers:

Ward 23: **0113 3927123** or Ward 24: **0113 3927124**
