

Ravi A Mahajani MBBS FRACS
Plastic and Reconstructive Surgeon and Surgery of the Hand

Carpal Tunnel release information sheet

At this point in time, this practice does not perform endoscopic carpal tunnel release and this sheet applies to open carpal tunnel release

Skin, incisions take time to heal. usual time is 2 weeks but can be longer. Skin incisions may not heal well and may need secondary procedures to address. The condition is usually painful for a few weeks. Most people return to normal duties after 2 weeks. Depending on your work this may take longer.

Pain in the wrist, the scar may be painful and pressure on the wrist may be painful. This can be uncomfortable for weeks and occasionally months after the operation. We will try and help you manage this should this occur. Little tiny skin nerves in the area of the scar may cause pain or electric shocks. These usually resolve.

Wound infection may need antibiotics to treat.

Injury to the median nerve, so far has not been a complication for Dr Mahajani. Nerve injury is very rare with this condition. If a nerve injury occurs it is repaired where possible. Nerve injury and repair may leave the skin supplied by the nerve numb or with an altered sensation. It may cause the area to be painful longer than the usual 2-6 weeks. Sometimes nerves are just bruised and usually takes 6 weeks to recover. If a nerve is cut and repaired, it may take several years to occur. The nerve recovery may not be complete.

Incomplete release of the nerve

This is most rare and so far, I have not come across this in one of my patients however it has known to happen and may need re-operation.

Complex Sympathetic Nerve Pain

Very rarely with any hand injury, the nerves become hypersensitive and creates a painful situation that is difficult to treat. This is most uncommon but we always advise of this as it is a severe consequence of any hand operation. It needs time and medication to help heal.

Realistic expectations from surgery

It is important for your expectations to be realistic. We will try as far as possible, within the constraints of your physical health, the nature of the problem, and your wishes to help you achieve your goals. The surgeon cannot guarantee all expectations and nor can guarantee the long lasting effect as the ageing process continues and there may be other variations. Sometimes other procedures are required, and infrequently sometimes severe complications are encountered. We will endeavour to the best of our ability to help you where possible. Rarely, it may be required to seek the help of other specialists. If you however have any concerns at any time please feel free to contact the practice. You are always entitled to second opinions at any stage and we are happy to help facilitate this for you if you so desired.

Northern Plastic Surgery (NT) Ph. 89814500 Fax. 89814399 email. admin@npsdarwin.com.au
www.npsdarwin.com.au