

Carpal Tunnel Release (For Carpal Tunnel Syndrome)

What Is Carpal Tunnel Release?

Carpal tunnel release is a straightforward surgical procedure used to treat **carpal tunnel syndrome**, a condition caused by pressure on the median nerve as it passes through the wrist. This pressure can lead to numbness, tingling, pain, and weakness in the hand and fingers — particularly the thumb, index, and middle fingers.

The aim of the operation is to relieve the pressure on the nerve by cutting the ligament that forms the roof of the carpal tunnel, giving the nerve more space and reducing symptoms.

When Is Surgery Needed?

You might be offered carpal tunnel release if:

- Your symptoms are persistent or worsening
- Night-time numbness or hand weakness affects your quality of life
- You haven't responded to non-surgical treatments such as splinting, steroid injections, or activity modification
- You're developing muscle wasting in the hand or ongoing loss of grip strength

Surgery is often considered when non-surgical options have not helped, or if nerve damage is progressing.

What Does The Surgery Involve?

Carpal tunnel release is usually done as a day case under local anaesthetic. You'll be awake during the procedure, but your wrist will be completely numb.

The two main techniques are:

- **Open release:** A small incision is made in your palm to access and release the tight ligament
- **Endoscopic release:** A keyhole approach using a camera and small instruments, sometimes offered for quicker recovery

The procedure typically takes 15 to 30 minutes. You'll be able to go home shortly afterwards.

Recovery And Rehabilitation

You'll be given a dressing and light bandage, and you'll be encouraged to move your fingers straight away. Most people notice an improvement in tingling and night-time symptoms within days or weeks.

You can expect:

- Return to light use of the hand within a few days
- Return to desk work within 1 to 2 weeks
- Full recovery within 6 to 12 weeks, depending on your job and the extent of nerve damage

You may need some physiotherapy or hand therapy if you've had symptoms for a long time.

Risks And Complications

Carpal tunnel release is a safe and effective procedure, but all surgery carries some risks. These may include:

- Infection or wound problems
- Pain or tenderness in the scar
- Stiffness or reduced grip strength
- Injury to nearby nerves or blood vessels (rare)
- Recurrence of symptoms (uncommon)

Your consultant will explain these risks and help you decide if surgery is right for you.

Will My Symptoms Go Away Completely?

Most people experience significant improvement, particularly in night-time tingling and numbness. If you've had severe or long-standing symptoms, recovery may take longer, and some nerve symptoms may not fully resolve.

However, for most patients, carpal tunnel release is highly successful and life-changing.

Why Choose Midlands Orthopaedic Clinic?

At Midlands Orthopaedic Clinic, our dedicated specialists perform carpal tunnel release procedures using the latest surgical techniques. We offer quick access to expert assessment, friendly care, and a seamless recovery process.

Our team is committed to helping you regain hand function and comfort as quickly and safely as possible.

Get In Touch

If you're struggling with tingling, numbness, or pain in your hand and wrist, **contact Midlands Orthopaedic Clinic today**. We're here to help. We welcome GP referrals and self-referrals. You can call us directly or use our online enquiry form to get started.