

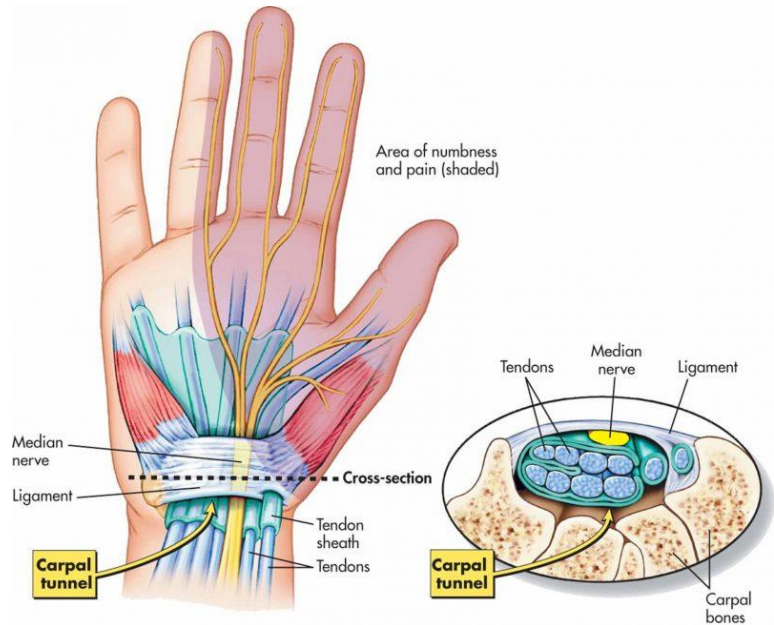


## Endoscopic Carpal Tunnel Release

This handout is provided to you by Dr. Chen Tu and the team at Wakefield Orthopaedic Clinic. We are committed to offering you the highest standard of care and support through your treatment for Carpal Tunnel Syndrome (CTS).

### Carpal Tunnel Syndrome

Carpal Tunnel Syndrome occurs when the median nerve, which runs from your forearm into the palm of your hand, is compressed at the wrist. Symptoms may include numbness, tingling, and pain in the hand and arm.



### About Endoscopic Carpal Tunnel Release

Endoscopic Carpal Tunnel Release is a minimally invasive procedure aimed at relieving pressure on the median nerve. It involves a small incision and the use of an endoscope to view and cut the transverse carpal ligament, thus relieving pressure.

### Benefits of Choosing Endoscopic Surgery

- **Reduced Postoperative Pain:** The smaller incision means you're likely to experience less pain after the surgery.
- **Faster Recovery:** Many patients find they can return to their daily activities more quickly.
- **Minimal Scarring:** The procedure leaves minimal scarring, thanks to the smaller incision.





## The Day of Surgery

- **Procedure Setting:** The procedure is typically performed as Day Surgery.
- **Anaesthesia:** Local anaesthesia will be used to ensure your comfort during the surgery. This can cause numbness for 6 to 36 hours after surgery.
- **Surgical Procedure:**
  - A small incision will be made in your wrist for the endoscope, allowing Dr. Chen Tu to precisely cut the transverse carpal ligament.
  - The incision will then be closed with Steri Strips and dressings.
- **Postoperative Dressing:** The initial bandage can be removed after 2 days. The dressings should be left in place and kept dry until your review. Dressing can be self-removed at 2 weeks or by yourself, as no sutures need to be removed.

## Postoperative Care

- **Recovery Process:** Recovery time varies, but many patients start to return to light activities within days.
- **Pain Management:** Dr. Chen Tu will prescribe medication to help manage any discomfort.
- **Hand Elevation:** Elevating your hand above the level of your heart can help reduce swelling and discomfort.
- **Early Mobilization:** Gentle range of motion exercises for the fingers, wrist, and elbow are encouraged to prevent stiffness and promote healing. Avoid forceful or excessive movements.
- **Follow-Up Visits:** You will have follow-up appointments to remove dressings, assess your recovery, and discuss any concerns.
- **Hand Therapy:** A referral to hand therapy may be provided to help regain wrist and hand function.

## Risks and Potential Complications

While endoscopic carpal tunnel release is generally safe, it does carry some risks such as infection, nerve damage, or incomplete symptom relief. Dr. Chen Tu will discuss these with you in detail.

## Contact Information

- **Telephone:** +61 8 8236 4168
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## Conclusion

Dr. Chen Tu and the team at Wakefield Orthopaedic Clinic are here to support you through your journey to recovery. Endoscopic Carpal Tunnel Release offers a safe and effective way to treat Carpal Tunnel Syndrome, with the benefits of a quicker recovery and reduced pain.

Should you have any questions or concerns, please do not hesitate to get in touch with us.