

# Hand surgery for carpal tunnel syndrome

Carpal Tunnel Syndrome (CTS) occurs when there is an increased pressure on the median nerve that runs through a tight tunnel along the front of your wrist. You may be experiencing pain, tingling, numbness or muscle weakness in your thumb and some of your fingers, preventing you from everyday movements and causing discomfort.

Usually, CTS can recover on its own with some rest time and simple stretching exercises. However, if the pain lasts for longer than several days, or you find everyday movements such as combing your hair becomes too painful, it's time to seek medical advice.

## Relieving nerve pressure for a pain free hand



If your pain or symptoms cannot be treated with non-surgical treatments, your Consultant may recommend hand surgery to release pressure on the median nerve. This is a very straightforward procedure that involves a precise incision on the ligament that is causing strain on your nerve.

The diagnosis is based on clinical consultation and your Consultant may also advise to have nerve conduction tests to check the severity of the nerve compression.

The first step is to book a consultation with an orthopaedic hand specialist to discuss your current symptoms and medical history and receive advice on the best treatment for your needs. You can book your initial consultation at KIMS Hospital or Sevenoaks Medical Centre.

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## Prices & payment

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Carpal Tunnel Release (One Wrist - Local Anaesthetic)

from £2,000

Carpal Tunnel Release (One Wrist - General Anaesthetic)  
from £2,193

The above are guide prices only.

Our [terms and conditions can be found here](#).

## Consultants



Mr Nik Bakti

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Mr Keith Borowsky

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Mr Howard Cottam

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Mr Abhinav Gulihar

KIMS Hospital+2 locations

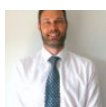
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Mr Andrew Smith

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Mr Dimitri Yanni

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## What to expect from hand surgery

### What does carpal tunnel surgery involve?

The aim of carpal tunnel surgery is to relieve the pressure on your hand's median nerve by making a precise incision on the flexor retinaculum ligament. This procedure is carried out under local anaesthetic, and it takes approximately 20 minutes.

### Where will my surgery take place?

Regardless of where you had your initial consultation, if your Consultant recommends hand surgery, this will take place at KIMS Hospital in Maidstone. Most outpatient appointments, including scans and tests, and follow up appointments with your Consultant, can take place at either KIMS Hospital or Sevenoaks Medical Centre.

### How long will I stay in hospital?

All patients are able to go home the same day; your Consultant will be able to discuss this with you prior to your procedure.

### What is the recovery period and aftercare?

You should keep your hand raised and bandaged for two days and follow your Consultant's advice about when you can return to work and activities. Do not drive, cook or hold any heavy object until you feel you can do it without much discomfort. If your job involves heavy lifting it may be four to six weeks before you can return to work.

For three quarters of patients the symptoms of carpal tunnel syndrome improve quickly. However, when the nerve has been under pressure for some time before the operation, it may take longer to improve and some symptoms may persist.