

Hand surgery for carpal tunnel

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 one of our orthopaedic hand Specialists to discuss your current symptoms and medical history and receive advice on the best treatment for your needs.

Prices & payment

We offer a guide price of:

Carpal Tunnel Release (One Wrist - Local Anaesthetic)
£1,920

Carpal Tunnel Release (One Wrist - General Anaesthetic)
£2,060

The guide price is based on the usual clinical needs of patients. For more information, please see our [terms and conditions](#).

Personal medical loans

Payment to suit you with 0% and fixed rate interest options.

Following an appointment with your Consultant, you can apply for a loan to cover the cost of your treatment. With interest free finance at Representative 0% APR (fixed) along with longer term fixed rate loans, there is an option for everyone.

Consultants



Mr Keith Borowsky



Mr Howard Cottam



Mr Marcos Katchburian



Mr Daniel Neen



Professor Bijayendra Singh



Mr Ravi Singh



Mr Dimitri Yanni

What to expect from hand surgery

What does carpal tunnel surgery involve?

The aim of the 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.

How long will I stay in hospital?

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

Recovery 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-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.