

## Discharge note – carpal tunnel decompression

### Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net).

### Dressings:

You may remove the outer dressing in 48 hours. Leave the smaller white dressing in place until you have your stitches removed. If your dressing gets wet please replace with a simple band-aid.

Elevate the hand to help reduce swelling.

### Stitches:

Make an appointment with your practice nurse to have your stitches removed in 12-14 days.

### Mobility:

Rest your hand but gently move your fingers until the stitches are removed. Your hand will be weak initially but will recover by six weeks.

The scar will be tender for four months.

### Bath / Shower:

In 24 hours, **do not** get your hand wet whilst dressings are in place.

### Pain:

Take simple painkillers as needed.

### Outpatient appointment:

Follow up appointment will be in 6 weeks approx.

If you have any queries please ring the Day Surgery Unit. Tel. **01271 322455**  
(7.30am - 9.00pm Monday to Thursday, 7.30am – 7.30pm Friday)

## **PALS**

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email: [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## **Have your say**

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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