

# WHAT IS CARPAL TUNNEL SYNDROME?

**CARPAL TUNNEL SYNDROME** is a medical condition due to compression of the median nerve as it travels through the wrist at the carpal tunnel.

#### What are the symptoms of Carpal Tunnel Syndrome (CTS)?

- Numbness, tingling, and pain in your thumb, index, middle and half of ring finger.
- Pain and burning sensation that travels up your arm.
- Wrist pain.
- Neck pain.
- Night pain. Symptoms are more pronounced at night and may cause sleep disturbance.

• Weakness of the muscles of the hand.

### What are the risk factors for CTS?

- Pregnancy
- Breastfeeding
- Age more than 50 years old
- Menopausal and premenopausal stage
- Repetitive motion of wrist
- Office worker
- Chronic disease e.g. gout, diabetes, chronic kidney disease and etc.



# Does the treatment of CTS involve surgery?

- Not all patients with CTS needs surgery.
- In the early stage, treatment includes splinting and therapy with or without steroid injection.
- In severe and chronic CTS that is not responding to conservative treatment, surgery will be necessary.
- Surgery can be done under local anaesthesia and on a daycare basis.



#### What are the treatments for CTS?

- Splint and median nerve gliding exercise with activity modification.
- Steroid injection
- Surgery
  - Open Carpal Tunnel Release
  - Endoscopic Carpal Tunnel Release

## How does steroid injection help in CTS?

 Steroid injection helps to temporarily relieve the symptoms by reducing inflammation.

### Does steroid injection cause side effects?

- Long term steroid use may increase the risk of osteoporosis, weight gain, high blood pressure, cataract, glaucoma and certain type of cancers.
- However, these risks are unlikely with the use of single steroid injection in Carpal Tunnel Syndrome.
- Steroid injection for CTS is also safe during pregnancy and breastfeeding.

# What are the effect of untreated CTS?

 If left untreated, carpal tunnel syndrome can lead to weakness and lack of coordination of your fingers and thumb as well as thenar muscle wasting.

Thenar muscle wasting

#### What is Carpal Tunnel Release (CTR)?

- This procedure involves releasing the transverse carpal ligament that is impinging the median nerve.
- This can be achieved either by open or endoscopic carpal tunnel release.

#### When would I feel better after a CTR?

- Symptoms of night pain or pain during activities will usually improve within the 1st week after surgery.
- Sometimes finger tips numbness may persist for a longer period of time.

### Can CTS reoccur after surgery?

 Usually carpal tunnel release is a cure. Some patients may have recurrence of symptoms many years later (10-20 years) due to nerve scarring.

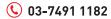
# What are the benefits of choosing ENDOSCOPIC Carpal Tunnel Release?

- Smaller incision on the wrist instead of bigger incision at the palm.
- Shorter healing time.





For more information, kindly contact us:



#### Our Hand & Microsurgery Centre is located at 2nd Floor, Tower B

#### **Operation Hours**

Monday - Friday: 8.30am - 5.00pm Saturday: 8.30am - 1.00pm Closed On Sundays & Public Holidays

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