



Hand Surgery Consent form

Name of procedure: Carpal Tunnel Release under Local Anaesthesia

Statement of Health Professional:

I have discussed the procedure and explained the following:

- What the procedure involves. The benefits of the procedure and the risks of not having the procedure
- Any serious or frequently occurring risks and what can be done to reduce, detect and treat

Complications and Long-Term Outcome:

- **Bleeding** – often stops post procedure. May form a self-resolving clot under the skin.
- **Pain** – usually short term from the operation itself. Please take regular pain killers like paracetamol and ibuprofen (if you are allowed to take it) for 3- 5 days post-surgery.
- **Stiffness and swelling** – moderate stiffness and swelling is common and is worse with pre-existing arthritis. Please keep your hand elevated and fingers moving.
- **Infection:** very rare due to the precautions taken. May require antibiotics and/or further procedures.
- **Nerve damage** - causes tingling and numbness (usually temporary). If severe damage, may require further investigations, repair or leave a long-term weakness and pain.
- **Grip Strength** - Affects 30% of patients and experience a decline in grip strength and dexterity. Some patients who have jobs requiring significant hand and wrist strength may not be able to perform them after surgery. Studies indicate that 10-15% of patients change jobs after this operation.
- **Scarring:** The scar may remain tender for up to a year. Sometimes, the nerve can get caught up in the scar. This can cause long term pain and numbness as the nerve is stretched or compressed. May require re-surgery.
- **Complex regional pain syndrome (CRPS)** - is a group of symptoms that can include pain, swelling, and stiffness. Very rare and spontaneous improvement occurs in some people. Others may have long-term changes despite treatment.
- **Recurrence** - If pain and symptoms return, it may need further investigations and treatment due to unusual anatomy or nerve pathway in certain people. The release procedure may be repeated.
- **Recovery** - The outcome is usually a satisfactory resolution of the symptoms. Night pain and tingling usually disappear within a few days. In severe cases, improvement of constant numbness and muscle weakness may be slow or incomplete. It generally takes about three months to regain full strength and a fully comfortable scar.

Doctor Signature: _____ **Doctor Name:**

Declaration

I have read the information above and had it explained to me by the doctor performing the procedure.

I am happy to proceed with the procedure and am aware of the side effects and complications associated with this procedure.

Patient Signature: _____ **Date:**