**IN OFFICE HAND SURGERY**

**Carpal Tunnel Release**

The goal of a carpal tunnel release is to relieve the pressure on the nerve in the hand that is causing the numbness and pain. This is achieved by surgically dividing the ligament that forms the roof of the carpal tunnel, thereby creating more room for the nerve. Usually, this is achieved through a 5 cm incision made at the bottom of the palm close to the wrist. The procedure takes 10- 15 minutes and sutures are used to close the incision.

**Trigger Finger Release**

Trigger finger can affect any finger or sometimes multiple fingers. Symptoms are usually pain, clicking, or locking (triggering) of the finger when trying to open or close the finger. This is caused by a tight tendon sheath which constricts the gliding movement of the tendon of the involved finger causing it to become inflamed and to eventually lock. Trigger finger release involves opening the area of the constriction to allow the tendon to move back and forth normally. The procedure takes 5-10 minutes. Sutures are used to close the incision.

**Dupuytren’s Contracture**

Contracted fingers may make daily activities difficult or impossible. During the procedure an incision will be made along the natural creases of your hand and the scar tissue in the palmar fascia is removed to allow the finger or fingers to be straightened out. The procedure typically lasts 15-30 minutes, after which sutures are placed to close the incision.

**Ganglion Cyst**

This is a small sac of fluid that can develop near a joint or a tendon. If it causes pain or limits your day-to-day activities, then surgical removal may be necessary. The procedure involves making a small incision over the cyst and detaching it from the joint or tendon surface. It usually lasts 10-15 minutes. Sutures are used to close the incision.

**What to expect during the procedure:**

* Arrive at the office 30 minutes prior to your surgery. Dr. Husain will mark the surgical area and an injection of local anesthetic will be used to numb the area, which takes 20-30 minutes to take effect. You will be brought into our in-office procedure room. At this time, you may discuss any questions that you may have.
* The procedure is performed and sutures are used to close the incision. A dressing will be applied over the area.

**What to expect after the procedure:**

* You can drive yourself to and from the office.
* Sutures will be removed two weeks after the surgery.
* A bandage will be applied. Leave this in place until the following morning, then remove it and wash your hand gently with soap and water. Dry gently and apply a band-aid large enough to cover the incision. Change the band-aid daily keeping the hand clean until you come in for your two week follow up with our nurse Alisha.
* The freezing used during surgery will wear off 2-4 hours after the procedure.
* Pain killers will be prescribed if desired, Tylenol Extra strength is usually sufficient to manage discomfort. Avoid Advil (Ibuprofen) or Aspirin as they are blood thinners.
* You will experience some swelling and bruising that will peak two to three days after surgery, and usually subsides within 6 weeks.
* You are advised to rest the affected hand as much as possible to allow healing. You may perform light tasks like dressing yourself, eating, and driving. Avoid strenuous use of the hand as this may tear the sutures and delay healing.

See **INSTRUCTIONS FOR PATIENTS AFTER HAND SURGERY** information page for all post-surgery information.

**INSTRUCTIONS FOR PATIENTS AFTER HAND SURGERY**

**WOUND CARE**

* After your surgery you will have sutures in your hand to close the incision. A large bandaid will be placed over the are.
* Leave the bandaid on until the following morning, remove wash hands gently with soap and water, dry and apply new bandaid. Do this daily until your 2 week appointment.
* Expect to have some swelling and discomfort after the surgery. Swelling will dissipate over the next 2-3 weeks.
* You can take showers the next day. Use your usual soap/shampoo. Avoid rubbing the incision.
* If submerging hand in water for a period of time (doing dishes) wear a glove to keep incision dry. If doing light duties outside such as weeding garden where the incision could get dirty please wear a glove.
* Be very careful with the use of ice after surgery as the skin will not have normal sensation and you may inadvertently burn your skin.
* USE OF ICE- using ice to help with swelling/ comfort is not required but if you wish to do so use caution. Do not apply ice directly to the skin, wrap ice pack in a face cloth or towel. Apply ice for 10-20 minutes every couple of hours for the first 2 days after surgery. Do not leave ice on area for long periods of time or fall asleep with the ice pack applied.

**MEDICATIONS**

* Take pain medication as directed by your doctor:
* If pain is mild you may take extra strength Tylenol as needed.
* Do not take products containing Ibuprofen ( Advil, Aleve, Motrin, Aspirin) in place of pain medication.
* If you have stopped medication before your surgery (aspirin, anti-inflammatory drugs, Coumadin, herbal medication, etc.), they can be restarted 1 week after surgery, provided there is no bleeding from your incision.

**ACTIVITY**

* Avoid heavy lifting pushing or pulling with affected hand for 6 weeks post surgery.
* You can do light activities, like driving, going for walks, cooking, etc.
* Keep your hand elevated above the heart as much as possible to reduce swelling.

**CALL THE OFFICE**

* You will have a 2 week appointment where your stitches will be removed and the incision will be assessed for proper healing.
* If there is a problem call our office. For example:
* Your medications do not control pain;
* You are worried about the healing of your incisions;
* You have an allergic reaction to the dressing.