



What to Expect on the Day of Release & Relief Procedure

Release and Relief is a program designed to evaluate and treat carpal tunnel syndrome in a single visit. Your medical provider, or Dr. Paterson's staff have screened you, and think you are a candidate for this program. So what should you expect?

- You will have a history and physical examination by Rachel Schwartz(PA) or Dr. Paterson
- If Carpal Tunnel Syndrome is suspected based on history and physical examination, an ultrasound will be performed in the exam room
 - This is quick and painless procedure that provides a measurement of your nerve
 - If your Median Nerve cross-sectional surface area is 10mm² or greater, this is diagnostic for Carpal Tunnel Syndrome
- If you meet the qualifications, you will be offered the Release & Relief procedure (Carpal Tunnel Release)
 - The palm of your hand will be numbed with a lidocaine injection, much like the dentist would use to numb you for dental work
 - Once numb, you will be brought to a procedure room downstairs where an ultrasound guided carpal tunnel release will be performed by Dr Paterson
 - The procedure will take approximately 5-10 minutes
 - You will have a ¼ inch incision over your wrist which will be covered with a steri-strip and your hand will then be wrapped with a bulky bandage
 - Bulky bandage may be removed the next day along with steri-strip. You may leave uncovered or use a bandaid as needed
 - Night symptoms usually resolve or are at least dramatically decreased the night of surgery
- You will be scheduled for a 2 week follow up after having a Release & Relief. If you are satisfied with your outcome, you may cancel this appointment and do not need to follow up. If you have any questions or concerns, please contact our office at any time (716-500-HAND).

FAQs

Q: Will I need bloodwork or pre-op testing/clearance prior to having a Release & Relief done?

A: No. This procedure is performed with local anesthesia, just like what a dentist uses to extract a tooth

Q: Can I use my hand after Release & Relief?

A: Yes. You may use your hand to tolerance the first day after surgery. You should use pain as your guide. You may have soreness in your palm for 2-4 weeks afterwards. Increased use of hand will increase soreness, however rest assured you will not cause any damage with use of the hand.

Q: Can I get my hand wet after Release & Relief?

A: You may get the hand wet the next day.

Q: When can I drive?

A: You can drive home unless you HAVE TAKEN anti-anxiety meds.

Q: Can I eat the day of?

A: Yes, you may eat a light meal prior to having a Release & Relief. Refrain from any heavy meals.

Q: Will I need pain medication?

A: Most patients do just fine without narcotics, however some patients do require oral steroids. This will be decided on a case-by-case basis and will be discussed with you at your appointment.