



**Spire**

Edinburgh Hospitals

Murrayfield and Shawfair Park



# Ask the expert

with **Mr Chris Oliver**

**CARPAL TUNNEL** *I have pain and numbness in my hand often at night, what is it? David, Morningside*

Night pain and tingling in the thumb, middle and index finger may be carpal tunnel syndrome. This occurs when the median nerve is compressed where it



passes through a short tunnel at the wrist. It commonly affects middle-aged women, but especially those in pregnancy or with diabetes, thyroid problems, fractures and rheumatoid arthritis. In advanced cases the fingers may be numb and thumb muscles may waste. Sometimes nerve conduction and blood tests are required to confirm the diagnosis. Splints at night may help.

Surgery is often required. The simple operation opens the roof of the carpal tunnel to reduce the pressure on the nerve. The surgery may be performed under local anaesthesia. The hand can be used for light activities immediately. The outcome is often dramatic with relief of night pain. Tingling usually goes within a few months. It generally takes about six months to regain full strength.

*Mr Chris Oliver is a Consultant Hand Surgeon at Edinburgh Hand Surgery Clinic, part of Spire Murrayfield Hospital.*

*[www.orthodoc.aaos.org/chrisoliver/](http://www.orthodoc.aaos.org/chrisoliver/)*

## DO YOU HAVE A QUESTION FOR OUR MEDICAL EXPERTS?

If so, e-mail [murrayfieldhospital@spirehealthcare.com](mailto:murrayfieldhospital@spirehealthcare.com). We will endeavour to deal with all enquiries as quickly as possible, but regret that we cannot enter into personal correspondence.

Spire Shawfair Park is a new purpose-built hospital in south-east Edinburgh. Spire Shawfair Park joins Spire Murrayfield as one of 37 Spire Healthcare hospitals nationwide which, together, offer patients one of the broadest ranges of medical services in the UK.

For more information call 0131-316 2507, or e-mail [cservice-ed@spirehealthcare.com](mailto:cservice-ed@spirehealthcare.com). Also, visit [www.spirehealthcare.com/ShawfairPark](http://www.spirehealthcare.com/ShawfairPark) and [www.spirehealthcare.com/Edinburgh](http://www.spirehealthcare.com/Edinburgh)

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