

# Outcomes of revision carpal tunnel decompression

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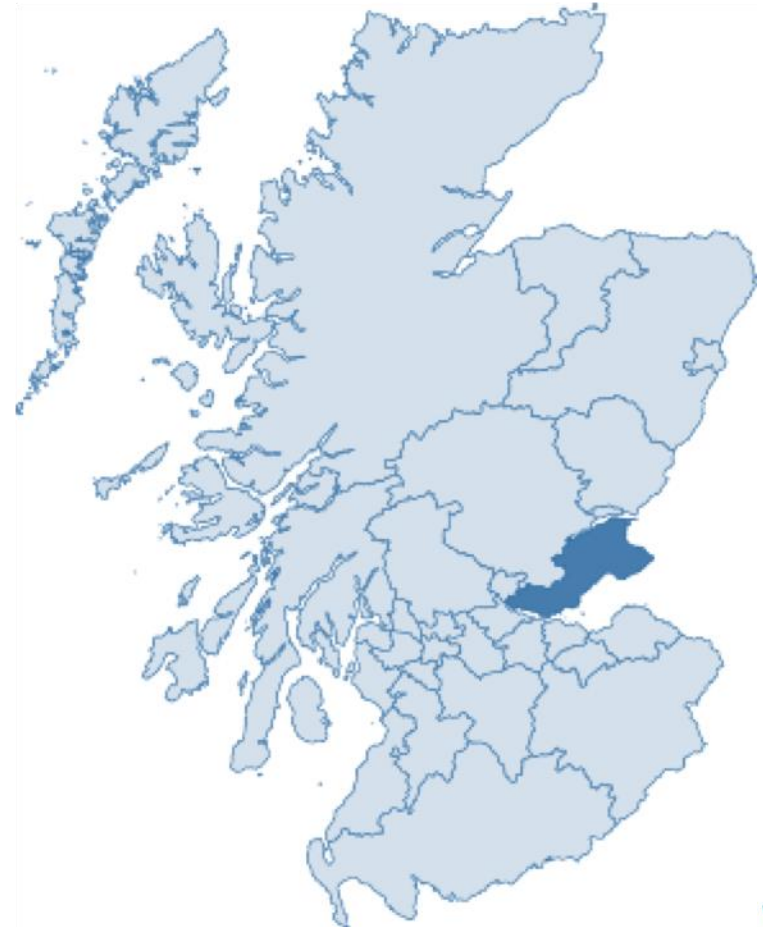
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# Aims



- To describe:
  1. functional outcomes
  2. satisfaction
  3. quality of life
- after open revision carpal tunnel decompression (CTD)
- for recurrent CTS



# Methods

- Single-center prospective outcomes-based study
- 16 Hands in 15 Patients
- 2013-2018
- Pre and one-year post-operative outcomes:
  - QuickDASH
  - Satisfaction visual analogue scale
  - Quality of life



# Surgical technique

- General anaesthetic (9), Local anaesthetic (6)
- Old scar reopened
- Scarred retinaculum divided
- Incision extended proximally into distal forearm
- No additional procedures

# Results



- Median time to revision: 12.5 years (IQR 6.7- 15.7 years)
- QuickDASH change: - **28.1 points** (p=0.004)
- EQ-5D change: + 0.17 (p=0.17)
- **81.8%** satisfaction rate

# Limitations



- Small patient cohort
  - But comparable to other studies
  
- Lack of outcomes data relating to index procedure



## Conclusions:

1. Revision CTD for recurrent CTS leads to similar improvement as primary CTD
2. True recurrent CTS presents after a long symptom-free period