Outcomes of revision carpal tunnel decompression

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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
• 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