

# Grupo CHRISTUS MUGUERZA®

*Information about:*

**Carpal Tunnel Release**

**For International Patients**

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*\*\*\*This document provides general information about the procedure of interest; details may change depending on each individual patient's case. This document is purely informational with no definitive indications or clinical recommendations for an individual patient.*

# Carpal Tunnel Release

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Carpal tunnel syndrome (CTS) or Median Neuropathy at the Wrist is a medical condition in which the median nerve is compressed at the wrist, leading to pain, and muscle weakness in the forearm and hand.

During open carpal tunnel release surgery, the transverse carpal ligament is cut, which releases pressure on the median nerve and relieves the symptoms of carpal tunnel syndrome.

## Surgical Indications

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- Relieve the symptoms if they do not respond to treatment or they get worse.
- Positive Electromyography of the median nerve

## Suggested studies and indications for case examination

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### Laboratory Results:

None

### Radiological Results:

Patients over 40 yr:

Chest x-ray

EKG

*These studies should not be more than 2 months old*

### Other tests:

Electromyography of the median nerve

*This study should not be more than 2 months old*

### History and Physical Medical Records

- Medical History completed by patient (Medical Questionnaire)
- With actual medication (complete type and dose)

**Which characteristics discard the patient or makes it high risk patient (cases where additional or special care or procedures will be needed):**

### Patient discarded by having:

- Current regional infection.
- Previous surgeries
- Axonotmesis of median nerve

**High risk patient by having:** Cardiovascular or respiratory disease

**Instructions before procedure:**

- Do not take any aspirin or products containing non-steroidal anti-inflammatory ingredients at least 2 weeks before surgery
- Avoid eating or drinking for at least 8 hours before surgery

## Sample Schedule

**Length of Procedure:** 1 hour, Outpatient procedure

Day 1 -	AM	Departure
	12PM	Arrival to Monterrey
	4PM	Consultation with orthopedic surgeon at his office
	6PM	Pre op studies at Christus Muguerza Alta Esp.
	7PM	Studies are left at orthopedic surgeon's office; confirmation of procedure by phone or in person; hotel stay
Day 2 -	10AM	Outpatient procedure takes place; hotel stay
Day 3 -	AM/PM	Consultation with Orthopedic surgeon at his office Patient may depart if cleared by the doctor

**Standard Discharge Instructions**

- Initiate wrist active range of motion as tolerated.
- Wear your sling for the first 24 hours or so after your operation.
- Your bandage will be taken off and your stitches will be taken out about 10-12 days after the operation
- You may remove the sling to wash. Wash around the bandage for the first 10 days.
- Carpal Tunnel Syndrome discharge note\* (attached below)

**Follow-up Protocol from Remote Provider:**

- The patient will be able to call the remote provider to answer any questions.
- Make sure the local orthopedic surgeon writes a confirmation email to the remote provider about the patient's progress.

## How do I get started?

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1. Choose package and preferred travel date(s). Please contact us if you need any additional information.
2. Fill out the **Medical Questionnaire** and the **Contact Information**
3. You can send them to us by:
  - Email [internationalpatients@christusmuguerza.com.mx](mailto:internationalpatients@christusmuguerza.com.mx)
  - Fax: +52 81 8399 3484 to Medical Travel Department
  - Mail to the following address:

**CHRISTUS MUGUERZA® MEDICAL TRAVEL**  
*Carretera Nacional 6501, col. La Estanzuela*  
*Monterrey, NL, México CP. 64988*
4. Please let us know:
  - a) if you have any prior medical tests or studies
  - b) the date(s) you would prefer to have your procedure done
5. One of our CSRs (Customer Service Representatives) will inform you about travel arrangements and visas, and answer any additional doubts you may have.
6. Make payment and confirm
7. Your assigned CSR will schedule appointments and coordinate with you to make all travel arrangements

## Contact Information

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**Toll Free:** 1 866 55 860 70

**Direct Phone:** + 52 818 174 3519

**Fax:** +52 81 8399 3484

**Email:** [internationalpatients@christusmuguerza.com.mx](mailto:internationalpatients@christusmuguerza.com.mx)

**Website:** [www.christusmuguerza.com.mx](http://www.christusmuguerza.com.mx)

**Address:** Carretera Nacional 6501, Col. La Estanzuela  
Monterrey N.L. México 64988