

### 32. Surgical Release of Carpal Tunnel Syndrome

- The CCG will commission surgical release of carpal tunnel syndrome if all the following criteria are met:
  - The patient is not pregnant, or is at least 12 weeks post-partum;
  - The patient's symptoms have not resolved despite **3 months** of conservative treatment including a steroid injection;
  - The patient has sleep disturbance and/or limited ability to undertake activities of daily living due to symptom severity;
  - The diagnosis has been confirmed by nerve conduction studies;
  - The documented specialist opinion is that the likely benefit from surgery outweighs the risk of harm for the patient
  
- In severe progressive carpal tunnel syndrome, the CCG will commission surgical release of carpal tunnel syndrome if the documented specialist opinion is that surgery is needed promptly to prevent irreversible median nerve denervation.