Postoperative daily log of activities of daily living. Patients were asked to rate these activities on a scale of 1 to 5 (1 indicating no difficulty and 5 indicating unable to perform) each day for seven days after their surgery.

<table>
<thead>
<tr>
<th>Activity</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opening jar</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Driving</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Household Chores</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Carrying Groceries</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Buttoning</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Bathing</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Cooking</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Writing</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Dressing</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Shopping</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Holding a book</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Eating</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Using a Computer</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Holding a Phone</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Using Toilet</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
Fig. E-2

A line graph showing patient-rated difficulty with using the bathroom. Patients rated the difficulty that they perceived in using the bathroom each day for seven days after surgery. The mean difficulty is depicted in blue for the unilateral cohort and in green for the bilateral cohort. The p value for the comparison between groups on each postoperative day is provided above each set of data points. There was no significant difference between the unilateral group and the bilateral group at any point during the seven days after surgery. The error bars indicate the standard deviation from the mean.
Fig. E-3
A line graph showing patient-rated difficulty with using the computer. Patients rated the difficulty that they perceived in using the computer each day for seven days after surgery. The mean difficulty is depicted in blue for the unilateral cohort and in green for the bilateral cohort. The p value for the comparison between groups on each postoperative day is provided above each set of data points. There was no significant difference between the unilateral group and the bilateral group at any point during the seven days after surgery. The error bars indicate the standard deviation from the mean.
A line graph showing patient-rated difficulty with cooking. Patients rated the difficulty that they perceived in cooking each day for seven days after surgery. The mean difficulty is depicted in blue for the unilateral cohort and in green for the bilateral cohort. The p value for the comparison between groups on each postoperative day is provided above each set of data points. During postoperative days 1 and 2, patients in the bilateral group had significantly more difficulty cooking than did patients in the unilateral group. By postoperative day 3, the two groups were statistically similar. The error bars indicate the standard deviation from the mean.
A line graph showing patient-rated difficulty with dressing. Patients rated the difficulty that they perceived in dressing each day for seven days after surgery. The mean difficulty is depicted in blue for the unilateral cohort and in green for the bilateral cohort. The p value for the comparison between groups on each postoperative day is provided above each set of data points. The error bars indicate the standard deviation from the mean.
A line graph showing patient-rated difficulty with bathing. Patients rated the difficulty that they perceived in bathing each day for seven days after surgery. The mean difficulty is depicted in blue for the unilateral cohort and in green for the bilateral cohort. The p value for the comparison between groups on each postoperative day is provided above each set of data points. The error bars indicate the standard deviation from the mean.
A line graph showing patient-rated difficulty with eating. Patients rated the difficulty that they perceived in eating each day for seven days after surgery. The mean difficulty is depicted in blue for the unilateral cohort and in green for the bilateral cohort. The p value for the comparison between groups on each postoperative day is provided above each set of data points. The error bars indicate the standard deviation from the mean.
A line graph showing patient-rated difficulty with buttoning. Patients rated the difficulty that they perceived in buttoning each day for seven days after surgery. The mean difficulty is depicted in blue for the unilateral cohort and in green for the bilateral cohort. The p value for the comparison between groups on each postoperative day is provided above each set of data points. The error bars indicate the standard deviation from the mean.
A line graph showing patient-rated difficulty with carrying groceries. Patients rated the difficulty that they perceived in carrying groceries each day for seven days after surgery. The mean difficulty is depicted in blue for the unilateral cohort and in green for the bilateral cohort. The p value for the comparison between groups on each postoperative day is provided above each set of data points. The error bars indicate the standard deviation from the mean.
A line graph showing patient-rated difficulty with shopping. Patients rated the difficulty that they perceived in shopping each day for seven days after surgery. The mean difficulty is depicted in blue for the unilateral cohort and in green for the bilateral cohort. The p value for the comparison between groups on each postoperative day is provided above each set of data points. The error bars indicate the standard deviation from the mean.
A line graph showing patient-rated difficulty with writing. Patients rated the difficulty that they perceived in writing each day for seven days after surgery. The mean difficulty is depicted in blue for the unilateral cohort and in green for the bilateral cohort. The p value for the comparison between groups on each postoperative day is provided above each set of data points. The error bars indicate the standard deviation from the mean.
A line graph showing patient-rated difficulty with driving. Patients rated the difficulty that they perceived in driving each day for seven days after surgery. The mean difficulty is depicted in blue for the unilateral cohort and in green for the bilateral cohort. The p value for the comparison between groups on each postoperative day is provided above each set of data points. The error bars indicate the standard deviation from the mean.
A line graph showing patient-rated difficulty with holding a book. Patients rated the difficulty that they perceived in holding a book each day for seven days after surgery. The mean difficulty is depicted in blue for the unilateral cohort and in green for the bilateral cohort. The p value for the comparison between groups on each postoperative day is provided above each set of data points. The error bars indicate the standard deviation from the mean.
Fig. E-14

A line graph showing patient-rated difficulty with holding the phone. Patients rated the difficulty that they perceived in holding the phone each day for seven days after surgery. The mean difficulty is depicted in blue for the unilateral cohort and in green for the bilateral cohort. The p value for the comparison between groups on each postoperative day is provided above each set of data points. The error bars indicate the standard deviation from the mean.
A line graph showing patient-rated difficulty with doing household chores. Patients rated the difficulty that they perceived in doing household chores each day for seven days after surgery. The mean difficulty is depicted in blue for the unilateral cohort and in green for the bilateral cohort. The p value for the comparison between groups on each postoperative day is provided above each set of data points. The error bars indicate the standard deviation from the mean.
A line graph showing patient-rated difficulty with opening jars. Patients rated the difficulty that they perceived in opening jars each day for seven days after surgery. The mean difficulty is depicted in blue for the unilateral cohort and in green for the bilateral cohort. The p value for the comparison between groups on each postoperative day is provided above each set of data points. The error bars indicate the standard deviation from the mean.
Bilateral Carpal Tunnel Release Survey

Please complete the survey below.
Thank you!

First Name __________________________________
Last Name __________________________________

Are you currently working?  
☐ Yes  ☐ No

I recently had a carpal tunnel release performed on  
☐ One Hand  ☐ Both Hands at the Same Time

I needed help at home to perform personal hygiene such as bathing or going to the bathroom after my surgery.  
☐ Yes  ☐ No

I needed help to perform my other activities of daily living besides personal hygiene.  
☐ Yes  ☐ No

Which activities did you need help with? __________________________________

How many days after surgery did you need help? __________________________________

Who helped you the most around the house after your surgery?  
☐ Spouse  ☐ Child  ☐ Sibling  ☐ Friend  ☐ Another Relative  ☐ Other

Other:

What is the biggest factor that led you to choose surgery on both hands at the same time instead of two separate surgeries on each hand?  
☐ I could not miss work for an extended period of time.  
☐ My symptoms in my hands were so bad I wanted immediate relief in both hands.  
☐ I did not want two surgeries.  
☐ I felt I could accomplish my activities of daily living on my own.  
☐ I felt I had adequate help at home.  
☐ Other

Other:

What other factors led you to choose surgery on both hands at the same time instead of two separate surgeries on each hand? (Check All that Apply)

☐ I could not miss work for an extended period of time.  
☐ My symptoms in my hands were so bad I wanted immediate relief in both hands.  
☐ I did not want two surgeries.  
☐ I felt I could accomplish my activities of daily living on my own.  
☐ I felt I had adequate help at home.  
☐ Other

Other:

What are the factors that allowed you to perform your ADLs after bilateral carpal tunnel surgery? (Check all that apply)

☐ Extra large latex-free gloves  ☐ Help at home  ☐ Disposable wipes  ☐ Other

Other
Confidential

Would you recommend bilateral carpal tunnel release to patients who DO NOT have help at home?

- Yes
- No

What is the biggest factor that led you to choose surgery on one hand instead of on both hands at the same time?

- My symptoms were not bad enough on the opposite hand.
- I did not want to be burdensome on my family or friends.
- I was worried about my ability to practically care for myself with both hands in bandages.
- I was worried I would need help with personal hygiene such as using the bathroom or bathing.
- I was worried the surgery would not work.
- Other

Other: __________________________________