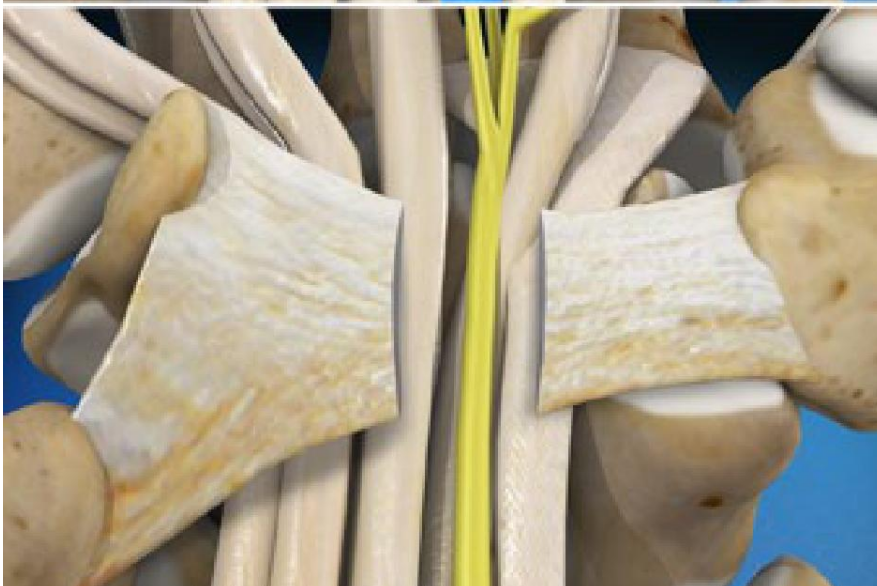
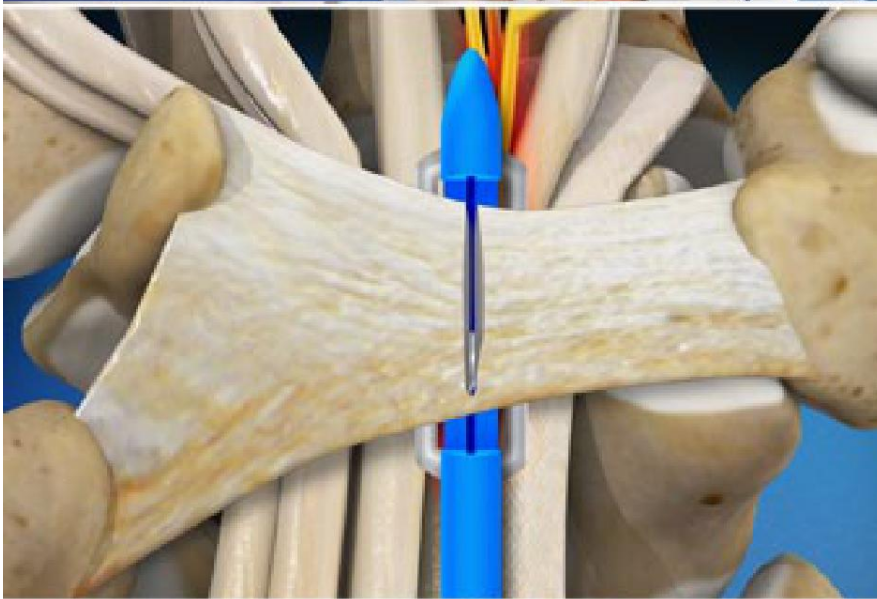




Carpal Tunnel Release (Percutaneous Method)



Overview

We can treat the pain of carpal tunnel syndrome by taking pressure off the median nerve. That's a nerve that travels through your wrist.

Preparation

To begin, your wrist and hand are numbed. A small opening is made in your skin. A small cutting instrument is put through the opening and guided to a band of tissue called the "transverse carpal ligament." This ligament spans across the carpal bones of the hand. It forms the space called the "carpal tunnel."

Relieving the Pressure

The surgeon uses the cutting instrument to cut through the ligament while keeping your nerves and tissues safe. Cutting the ligament makes more space in the carpal tunnel. That relieves pressure on the median nerve.

End of Procedure and Aftercare

Finally, the opening is closed. You'll be watched for a brief time, and then you can go home. Your healthcare provider will give you instructions to help your recovery.