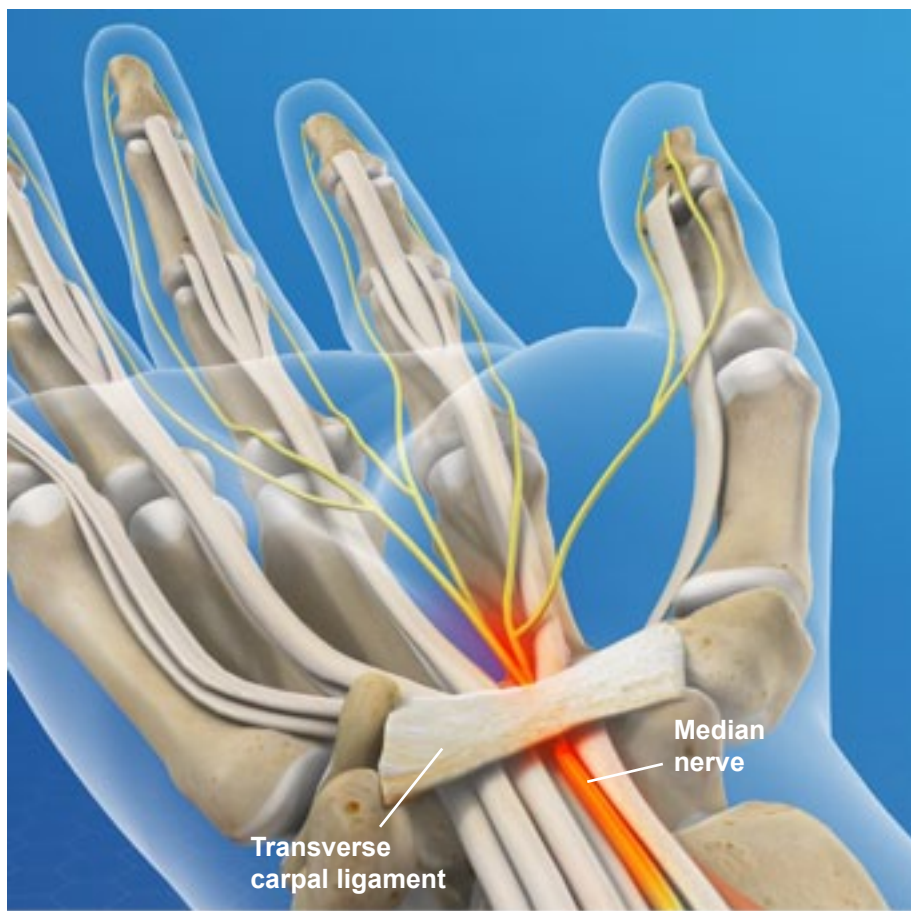


Carpal Tunnel Release (Open Technique)



Overview

This surgical procedure treats the pain of carpal tunnel syndrome. It relieves pressure on a nerve that travels through your wrist. This nerve is called the "median" nerve.

Preparation

In preparation for the procedure, your wrist and hand are anesthetized. The surgeon makes a small incision in your skin at the base of your palm. This exposes 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 carefully divides this ligament. This creates more space within the carpal tunnel. It relieves pressure on the median nerve.

End of Procedure and Aftercare

When the procedure is complete, the incision is closed. Your wrist and hand are bandaged and may be placed in a splint. You will be monitored for a brief time and then allowed to go home. As you heal, you will begin physical therapy. Your healthcare provider will give you instructions to help your recovery.