

**Carpal Tunnel Release (Endoscopic Technique)**



**Overview**

This surgery relieves pressure on the median nerve in your wrist. It treats the pain of carpal tunnel syndrome.

**Preparation**

To begin, your wrist and hand are numbed. The surgeon makes one or more openings in your skin. The openings are for a video camera device (called an "endoscope") and tiny surgical instruments.

**Relieving the pressure**

The surgeon treats a band of tissue called the "transverse carpal ligament." It spans across the carpal bones of the hand, forming a space known as the "carpal tunnel." The surgeon divides this ligament to make more room in this tunnel. This takes pressure off of the median nerve.

**End of procedure**

When the surgery is done, your wrist and hand may be placed in a splint. You're monitored for a brief time before going home. Follow your surgeon's instructions for a safe recovery.

