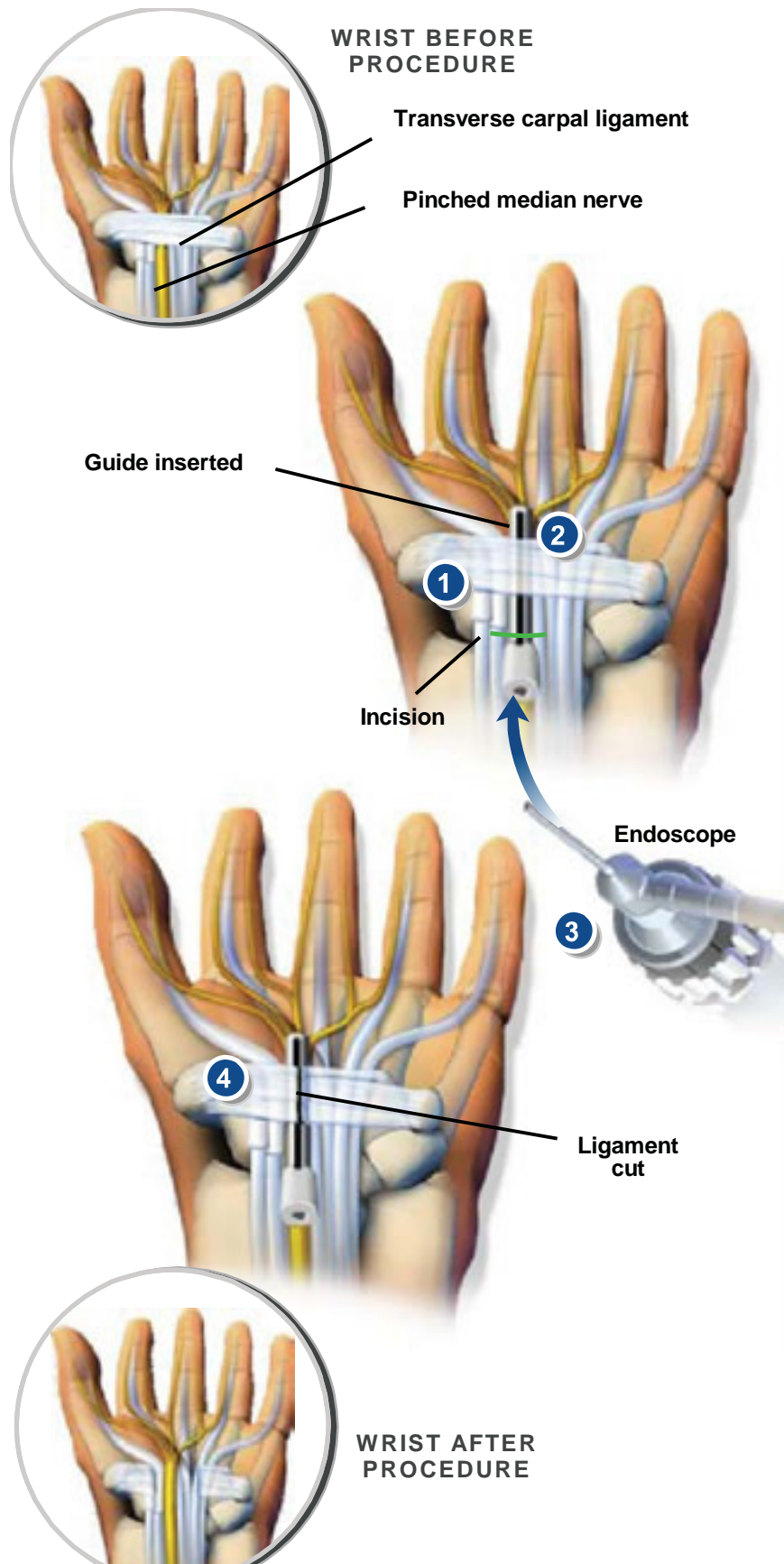


Endoscopic Carpal Tunnel Release (Lins)



Overview

This surgery is performed to relieve pressure on the median nerve, alleviating numbness and tingling in the fingers. The endoscopic carpal tunnel technique is performed on an outpatient basis. The endoscopic approach creates less pain and scarring than traditional open surgery, allowing for a quicker recovery.

Preparation

A small incision is created in the wrist.

Guide Inserted

A guide is inserted between the transverse carpal ligament and the median nerve. The guide will protect the median nerve during the surgery.

Endoscope Inserted

An endoscope, which the surgeon uses to see inside the wrist and hand, is inserted underneath the transverse carpal ligament. The endoscope has a light and a small video camera that sends images to a TV monitor in the operating room.

Ligament Cut

Using the video images from the endoscope as a guide, the surgeon cuts the constricting transverse carpal ligament, relieving pressure on the median nerve.

End of Procedure

The surgical instruments are removed. A splint may be applied to the wrist to restrict movement while the transverse carpal ligament and median nerve heal. Hand rehabilitation therapy is administered during recovery to help restore wrist and hand strength.