



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.