

Carpal Tunnel Release - Open Surgery

Overview

This surgery treats the pain of carpal tunnel syndrome by relieving pressure on the median nerve that travels through your wrist.

Preparation

In preparation for the procedure, your wrist and hand are anesthetized. The surgeon cuts a small incision in your skin at the base of your palm to expose a band of tissue called the transverse carpal ligament. This ligament stretches across the carpal bones of the hand and forms the space called the carpal tunnel.

Relieving the Pressure

The surgeon carefully divides this ligament, to create more space within the carpal tunnel to relieve the pressure on the median nerve.



End of Procedure and Aftercare

When the procedure is complete, the incision is closed with stitches. Your wrist and hand are bandaged and usually immobilized 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 and possibly also occupational therapy.