Endoscopic Carpal Tunnel Release

Overview
This procedure is performed to relieve pressure on the median nerve, alleviating the pain of carpal tunnel syndrome and restoring normal sensation to the hand and fingers. The endoscopic technique, performed on an outpatient basis, creates less pain and scarring than traditional open surgery and allows for a quicker recovery.

Incisions Created
The surgeon creates a small incision in the wrist. A second small incision may be created in the palm.

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
The surgeon inserts an endoscope through the incision and 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, allowing the surgeon to view the inside of the wrist and hand.

Ligament Cut
Using the video images from the endoscope as a guide, the surgeon cuts the constricting transverse carpal ligament. This relieves 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.