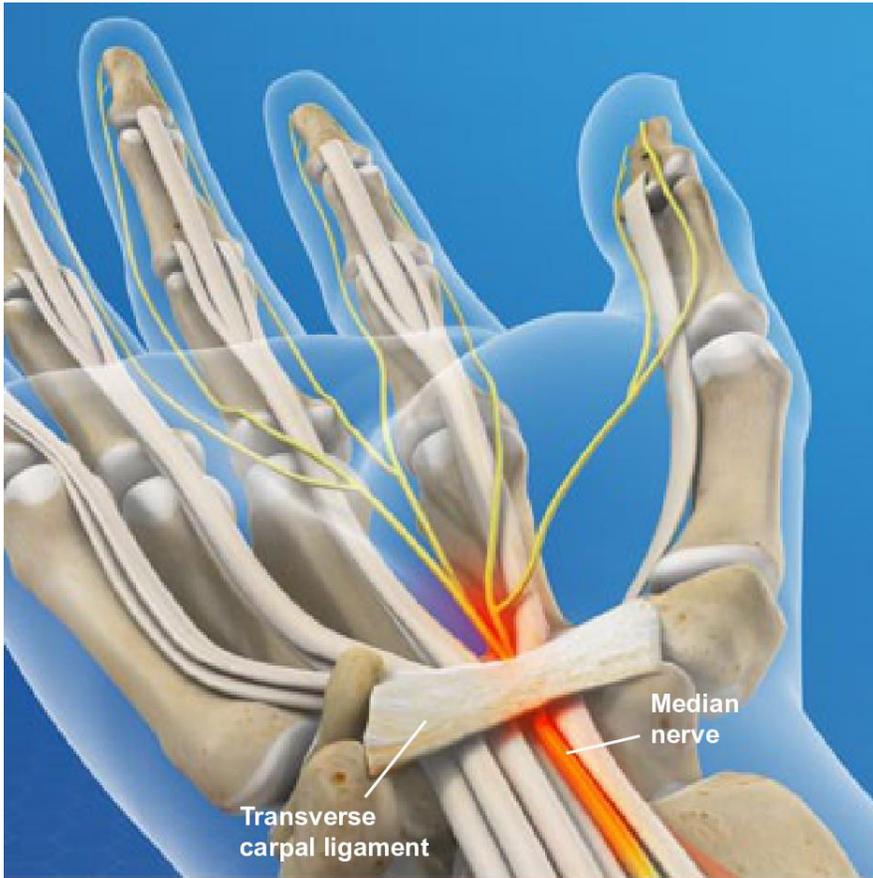




## Carpal Tunnel Release (Open Technique)



### Overview

This surgical procedure treats the pain of carpal tunnel syndrome. It relieves pressure on a nerve that travels through your wrist. This nerve is called the "median" nerve.

### Preparation

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

### Relieving the Pressure

The surgeon carefully divides this ligament. This creates more space within the carpal tunnel. It relieves pressure on the median nerve.

### End of Procedure and Aftercare

When the procedure is complete, the incision is closed. Your wrist and hand are bandaged and may be placed 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. Your healthcare provider will give you instructions to help your recovery.