

Carpal Tunnel Release Surgery

General Information

Carpal tunnel release is a treatment for pain, numbness or tingling in your hand or hands. The symptoms are caused by pressure on the median nerve.

The median nerve runs through a narrow tunnel (carpal tunnel) in your wrist. This nerve gives you feeling in your thumb and first four fingers on each hand, but does not include feeling in your pinky finger.

When this narrow tunnel is swollen, your median nerve can become compressed and cause pain, numbness or tingling.

Your Surgery

Carpal tunnel release surgery can reduce pressure on the median nerve in your wrist.

During surgery, your surgeon will make a small cut (incision) at the base of your palm. The transverse carpal ligament is cut to relieve pressure on the median nerve. The incision is closed and your hand is wrapped.

Whom to Call With Questions

Talk with your health care team if you have any questions or concerns.

