

Surgery

Generally, nonsurgical treatments may be more effective if you have only mild nerve impairment. When the pain or numbness of carpal tunnel syndrome persists more than six months, surgery may be the best option.

Your surgeon may use one of a few accepted techniques. But in all accepted surgical procedures, your doctor cuts the ligament pressing on your nerve.

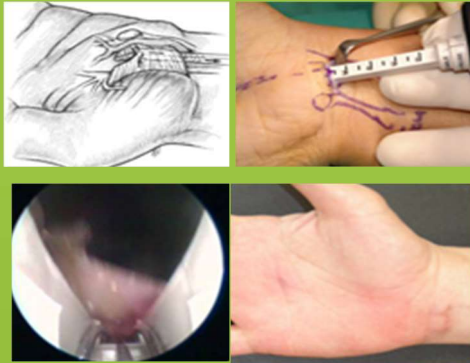
Open surgery is traditionally carried out

Endoscopic Surgery can be done using an endoscope, a telescope-like device with a tiny camera attached to it that allows your doctor to see inside your carpal tunnel and perform the surgery through small incisions in your hand or wrist.

Open Surgery



Endoscopic Surgery



When Do You See the Doctor?

If you have persistent signs and symptoms that might be due to carpal tunnel syndrome that interfere with your normal activities - including sleep - see your doctor.

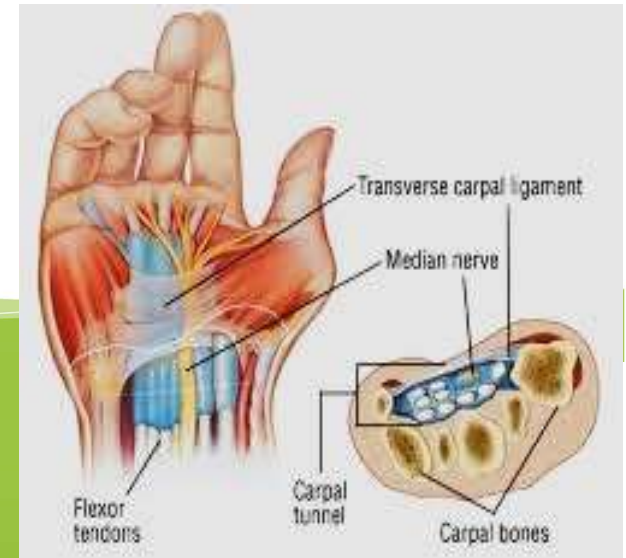
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@ Gleneagles, Mt Alvernia and
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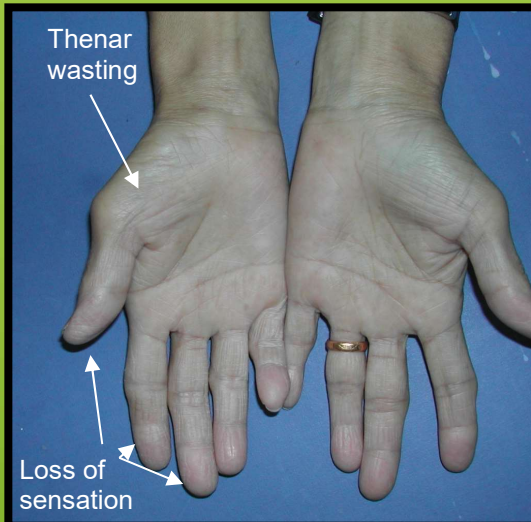
Carpal Tunnel Syndrome

What is Carpal Tunnel Syndrome?

The carpal tunnel is a narrow tunnel located on the palm side of your wrist. This tunnel holds a main nerve to your hand and nine tendons that bend your fingers. Pressure placed on the nerve produces the numbness, pain and, gradually, hand weakness that characterize carpal tunnel syndrome.



Signs and Symptoms



Early symptoms include aches in the wrist that can extend to the hand or forearm.

Gradual symptoms include: Tingling or numbness in the first 3-4 fingers, especially thumb and index, middle or ring fingers, But not the little finger. This sensation often occurs while holding a steering wheel, phone or newspaper or upon awakening. As the disorder progresses, the numb feeling may become constant.



Pain extending from your wrist up your arm to your shoulder or down into your palm or fingers, especially after forceful or repetitive use. This usually occurs on the palm side of your forearm.

A sense of weakness in your hands and a tendency to drop objects.

Treatment Options

Nonsurgical therapy.

Some people with mild symptoms of carpal tunnel syndrome can ease their discomfort by taking frequent breaks to rest their hands and applying cold packs to reduce occasional swelling.

Wrist splinting. A splint that holds your wrist still while you sleep can help relieve nighttime symptoms of tingling and numbness.

Non steroidal anti-inflammatory drugs (NSAIDs). NSAIDs may help relieve pain from carpal tunnel syndrome if you have an associated inflammatory condition.

Corticosteroid. Your Doctor may inject your carpal tunnel with a Corticosteroid, such as cortisone, to relieve your pain. Corticosteroids decrease inflammation, therefore relieving pressure on the median nerve.