

Connecting with the Community



Carpal Tunnel Release

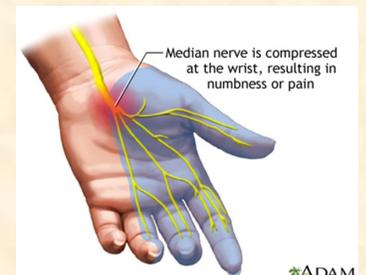
Kit Carson County Health Service District's Same Day Surgery Department performs Carpal Tunnel Release on an as needs basis with Dr. Kavi Sachar. Dr. Sachar received his residency at the Brown University School of Medicine, and went on to obtain Hand fellowship training at the prestigious Indiana Hand Center.

Carpal tunnel syndrome (CTS) is a problem that affects the wrist and hand. If you have CTS, tingling and numbness can make even simple tasks hard to do. Some people also have hand pain or even a weakened grip. At first, symptoms may wake you up at night. Later, they may also occur during your daily routines. For instance, you may notice symptoms while you are driving or hold a newspaper. Carpal tunnel release is a surgical procedure that cuts into the ligament that is pressing on the nerve.

Surgery may be an option for patients whose pain or discomfort from carpal tunnel syndrome has lasted several months, even up to a year. Surgery will be considered for those patients in whom conservative, or nonsurgical, therapies have not been effective or are unable to provide long-term relief.

Nonsurgical options for carpal tunnel syndrome may include:

- A splint or wrist brace
- Activity modification
- Medical management, such as non-steroidal anti-inflammatory drugs
- Physical therapy
- Steroid injections



The carpal tunnel is a narrow space inside the wrist. This space lets certain tendons and a major nerve pass from the forearm into the hand. Learning about the carpal tunnel can help you understand the symptoms and treatment.

If you would like to learn more about Carpal Tunnel Release or same day surgery procedures please consult with your local healthcare provider or call the same day surgery department at 719-346-4725 option 1.