

## THE SX-ONE MICROKNIFE® SURGICAL DEVICE

### Micro-invasive, Micro-recovery

If you have carpal tunnel syndrome (CTS) and are considering a surgical procedure, Micro-invasive Carpal Tunnel Release (CTR) with the SX-One MicroKnife® may be right for you.

Developed by doctors at the Mayo Clinic, the SX-One MicroKnife® is the breakthrough device that allows ultrasound-guided CTR to be performed through a tiny incision.

The SX-One MicroKnife® utilizes a method that promotes rapid relief and recovery so you can get back to your life and the activities you love.<sup>1,2</sup> That's recovery in millimeters, not months.



Ask your doctor about Micro-invasive CTR  
with the SX-One MicroKnife® today!



general physician pc  
**orthopedics**  
hand & upper extremity

Dr. Paul Paterson  
ECMC Ambulatory Care Center  
462 Grider Street, 3rd Floor  
Buffalo, NY 14215  
**716-500-HAND(4263)**  
[www.gppconline.com](http://www.gppconline.com)

Your Appointment is:



[SonexHealth.com](http://SonexHealth.com)

**REFERENCES:** 1. Nakamichi K, Tachibana S, Ida M. Percutaneous carpal tunnel release compared with mini-open release using ultrasonographic guidance for both techniques. *J Hand Surg.* 2010;35A:437-445. 2. Rojo-Manaute JM, Capa-Grasa A, et al. Ultra-minimally invasive sonographically guided carpal tunnel release: a randomized clinical trial. *J Ultrasound Med.* 2016;37:e37-45. 3. Papatheodorou LK, Sotereanos DG. Treatment recommendations for carpal tunnel syndrome and peripheral nerve repair. *Instr Course Lect.* 2015;64:273-280.

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## RECOVERY IN MILLIMETERS, NOT MONTHS



Micro-invasive Treatment  
of Carpal Tunnel Syndrome

## Release & Relief

Same Day Carpal Tunnel Syndrome  
Evaluation and Treatment

## CARPAL TUNNEL SYNDROME (CTS)

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### What is CTS?

Carpal tunnel syndrome (CTS) is a common condition that causes pain, numbness, and tingling in the hand and arm. The condition occurs when one of the major nerves in the hand—the median nerve—is compressed as it travels through the wrist.

The median nerve runs down the arm and forearm, passes through the carpal tunnel at the wrist, and goes into the hand. It controls movement in the thumb and feeling in the thumb and first three fingers.

### Common CTS Symptoms

- Numbness, tingling, burning, and pain in the thumb and index, middle, and ring fingers
- Occasional shock-like sensations that radiate to the thumb and index, middle, and ring fingers
- Pain or tingling that may travel up the forearm toward the shoulder
- Weakness in the hand

## WHAT HAPPENS THE DAY OF RELEASE AND RELIEF?

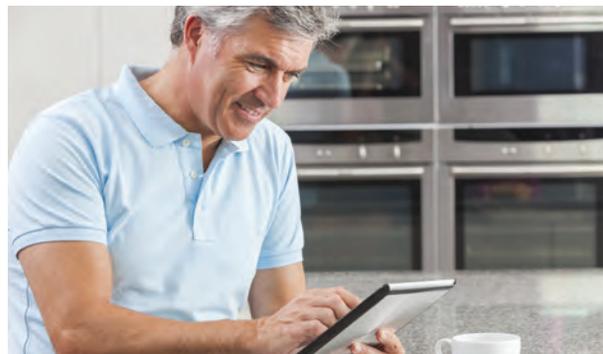
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### Diagnosis

- You will meet Dr. Paterson. He will do a history and physical exam.
- If carpal tunnel diagnosis is likely an ultrasound of the wrist will be performed. This is a painless procedure.
- A cross sectional area of the nerve is 10mm<sup>2</sup> or greater is diagnostic for carpal tunnel syndrome. Dr. Paterson will then discuss the surgical treatment, and it's risks.

### Procedure Process

- If you would like to proceed, the palm of your hand will be numbed with a lidocaine injection.
- You will then go to a procedure room where an ultrasound guided carpal tunnel release will be done. The procedure takes less than 5 minutes.
- The wound is approximately 1/4 inch long, and will be closed with a steri strip.
- A bulky bandage will be applied. This can be removed the following day, and the wound covered with a band aid, or left uncovered.



## FOLLOW UP & FAQ

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### Follow Up

- Night symptoms are usually absent, or dramatically decreased the first night.
- It is ok to get the wound wet the first day after surgery.
- You may use the hand as you like right away. Pain should be your guide. Most soreness resolves in 2-4 weeks.

### FAQ

- You may drive yourself to and from your Release and Relief visit.
- You may eat the day of your appointment, but it should not be a heavy meal.
- You do not need blood work before the procedure.
- Dr. Paterson, or his staff will contact you within 48 hours of the procedure. Don't hesitate to contact the office before then if you have concerns (716-500-HAND).
- If you are satisfied with your outcome a follow up at two weeks is not necessary. Just call the office and cancel.

