

## البحث الأول: بحث مشترك مقبول للنشر

### عنوان البحث: Double Mini -Incision in Treatment of Carpal Tunnel Syndrome

#### الملخص الانجليزي :

Improper wound healing and excessive scar formation on the palm are recognized as serious cosmetic problems influencing the quality of life in patients undergoing open median nerve release. Various limited skin incisions are regarded as minimally invasive and effective for preventing excessive scar formation and achieving better cosmetic results

Here we describe the surgical technique of median nerve release using double-mini skin incisions (1-cm each) with evaluation of wound healing, cosmetic results, scar formation and functional outcome. The study was conducted between April 2010 and March 2013. It consisted of 40 patients with idiopathic carpal tunnel syndrome with a mean age of 47 years (range, 28-65 years). The average follow-up duration was 12 months (range, 10-15 months). Surgical results were evaluated using the Boston Carpal Tunnel questionnaire. Postoperatively, only one patient complained of residual mild pain, one patient complained of residual weak hand grip and one patient developed a bad tender scar.

We believe that double mini-incision in treatment of carpal tunnel syndrome can give satisfactory pain relief, good functional and cosmetic outcome with nice healing of wounds in most cases in this series.