

De Quervain's Injection

The De Quervain's injection is intended to help those suffering from De Quervain's tenosynovitis. This condition is the result of entrapment tendonitis in the hand. De Quervain's is characterized by pain in the wrist and thumb especially with movement of the wrist or with a grasping motion of the hand.

Conditions treated

You may benefit from a De Quervain's injection if you suffer from:

- De Quervain's tenosynovitis
- Wrist pain

Duration

Less than 30 minutes

How is it performed?

Your doctor will first clean the area and inject a local anesthetic into the wrist near the thumb to numb the area. Once the area is numbed, the doctor may use an ultrasound device to help guide the needle before inserting it between the two tendons in the dorsal wrist compartment and injecting a mixture of local anesthetic and steroid. Most of the time, this procedure is performed in the office.

What are the risks?

This procedure is a relatively safe, non-surgical treatment, with minimal risks of complications. Some of the most common or possible side effects are:

- infection
- weakness in hand that may or may not be permanent
- increased pain

Steroids will cause elevated blood sugar and can increase your blood pressure. You may also develop temporary flushing, muscle cramping, increased appetite and difficulty sleeping. This will typically resolve in 1 week but can last several weeks.

What to expect after the procedure

You may feel a weak or numb sensation where the medication was injected. As the numbing medication wears off over the first couple of days, you may experience an increase in pain. However, once the steroid begins to work, you should again experience pain relief. Ice is typically more helpful than heat during the first two to three days after the injection.

You should not drive or engage in physical activity for 24 hours following the procedure. You may resume medications and regular eating habits immediately.

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