

# Carpal Tunnel Injection

A carpal tunnel injection is ideal for relieving pain related to carpal tunnel syndrome, which is characterized by pain, numbness and tingling in the hand, wrist and forearm. This condition is caused by an entrapment of the median nerve.

## Conditions treated

You may benefit from a carpal tunnel injection if you suffer from:

- Carpal tunnel syndrome
- Compression of your median nerve

## Duration

Less than 30 minutes

## How is it performed?

This procedure is carried out by first injecting a local anesthetic into the wrist to numb the area. Once the area is numbed, the physician will use an ultrasound device to help guide the needle before inserting a steroid into the wrist. After the needle is removed, you will be asked to move your fingers for several minutes to evenly distribute the 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. The injection of the corticosteroid will help reduce swelling in the tissue, which will relieve pressure on the median nerve and provide pain relief.

Ice is typically more helpful than heat during the first few days after the injection. You should not engage in physical activity for 24 hours following the procedure. You may resume medications and regular eating habits immediately.

# Carpal Tunnel Injection

