**Carpal Tunnel Injection with Ultrasound**

FACILITY:

PATIENT:

DOB/MRN:

DATE of PROCEDURE:

ATTENDING:

ASSISTANT:

PREOPERATIVE DIAGNOSIS:

1. Carpal Tunnel Syndrome

POSTOPERATIVE DIAGNOSIS:

1. Carpal Tunnel Syndrome

PROCEDURE:

1. Right/Left Carpal Tunnel Injection with ultrasound

INDICATION:

ANESTHESIA:

TECHNIQUE:

A description of the procedure and its risks, benefits, and alternatives, were provided to the patient and informed consent was obtained prior to procedure commencement. The patient was asked to sit comfortably. The wrist was placed gently on a pillow rest. The wrist was prepped and draped in sterile fashion. A 6-13MHz high frequency linear array ultrasound probe was used in the longitudinal axis to identify the median nerve and transverse carpal ligament. A 25-gauge hypodermic 1.5-inch needle was used to anesthetize the he skin and subcutaneous tissue at the ulnar aspect of the wrist. Then, a 25g needle was advanced below the ligament and both above and below the median nerve, incrementally aspirating and injection a 3cc solution consisting of 2mL bupivacaine 0.5% and 1mL dexamethasone 10mg/mL, until much of the median nerve was surrounding with the solution.

The patient tolerated the procedure well, with no complication. The patient was observed for an appropriate period of time, discharged to home in stable condition with careful precautions, with follow-up in the office and availability by telephone for advisement if needed.