

# ARTHRITIS IN THE HAND & WRIST

## **1. CONSERVATIVE TREATMENT**

### **A. Topical anti-inflammatories:**

- i. Voltaren gel (available at any drug store)
- ii. Physician's grade CBD cream (available at GNC store or online)

### **B. Oral medication (if you are able, please take with food):**

- i. Tylenol arthritis (may be taken together or staggered with anti-inflammatories)
- ii. Anti-inflammatories: Advil OR Naproxen OR meloxicam OR Celebrex/celecoxib. Do not take all together

### **C. If thumb base arthritis, comfort cool splint (available on Amazon).**

- i. Please wear at night to sleep (during the day as tolerated) consistently for 3 months minimum.

## **2. STEROID INJECTION**

- A. Please fill the prescription given to you at your pharmacy. My administrative assistant will call you for an appointment time at the Minor Procedure Clinic
- B. Injection is a mixture of local anesthetic and dexamethasone (steroid), which may increase your blood sugar for 5 days.
- C. It may take up to 7-10 days to take effect.

## **3. SURGERY FOR ARTHRITIS**

- A. If you start requiring a steroid injection every 3 months, it may be time to start considering surgery. Please book a follow-up appointment to discuss what options may be best for you.