

Hand & Wrist Arthritis

Treatment Options

Conservative treatment

1. Topical medications:

- a. Voltaren anti-inflammatory gel (available at any drug store)
- b. Kalaya Cannabis Sativa (cannabis cream)

2. Oral medication (if you are able, please take with food):

- a. Tylenol arthritis (may be taken together or staggered with anti-inflammatories)
- b. Anti-inflammatories: Advil OR Naproxen OR meloxicam OR Celebrex/celecoxib.
Do not take all together or do not take if you are already on other blood thinners.

3. If thumb base arthritis, comfort cool splint (available on Amazon).

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

Steroid injection

1. 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.
2. Injection is a mixture of local anesthetic and dexamethasone or triamcinolone (steroid), which may increase your blood sugar for 5 days.
3. It may take up to 7-10 days to take effect.

Surgery for arthritis

If you start requiring steroid injections 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.