

Elevate Plastic Surgery

193 Roe Avenue, Toronto, ON, M2J 1V1

T: 416-554-9860 | F: 647-689-4628 | elevateplasticsurgery.ca

ARTHRITIS TREATMENT OPTIONS

1. CONSERVATIVE TREATMENT

A. Topical anti-inflammatories:

- Voltaren gel (available at any drug store)
- Kalaya Cannabis Sativa cream (available at GNC store, Healthy Planet, or online)

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

- Tylenol arthritis (may be taken together or staggered with anti-inflammatories)
- 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).

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

2. STEROID INJECTION

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

3. SURGERY FOR ARTHRITIS

- 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.