



Nerve Hydrodissection

What is it?

Nerve hydrodissection is a novel procedure using fluid (**hydro**) to free up (**dissect**) an entrapped/compressed nerve. The goal is to calm down irritation of the nerve, permanently relieve compression, and reestablish its normal architectural shape.

Why is it used?

Nerves normally glide through the muscles, fascia, and soft tissue with movements. If injuries or repetitive stress occur, the nerves can get "stuck" and the tissue does not allow the normal motion. Pain, altered sensations, and/or weakness can develop.

How is it performed?

Ultrasound is used to locate the nerve and where it is entrapped. The injection site is cleaned & numbed, and then a needle is directed to the compressed nerve and its surrounding tissue. A solution, most commonly D5 (dextrose 5%;) mixed with a little anesthetic, is injected into the area surrounding the nerve, separating the tissue from the nerve freeing it from any restrictions.

What are the typical results?

Nerve hydrodissection can be very successful in relieving pain. In fact, **hydrodissection can provide substantial pain relief even when surgery fails!** The benefit from this procedure will typically occur two to seven days following the procedure. The goal is to get the nerve permanently back to its normal function.

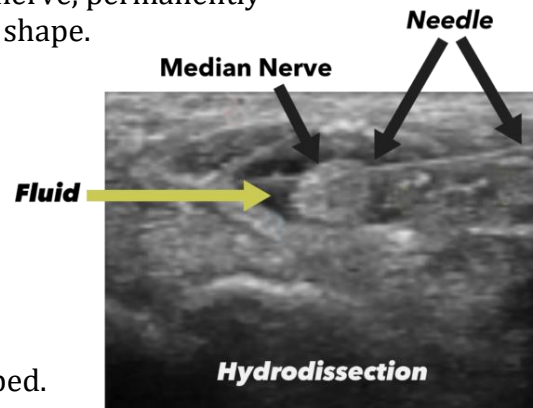
What nerves are typically hydrodissected?

Nerve hydrodissection can treat nearly ANY entrapped peripheral nerve. Some of the more common ones we treat are:

- **Median nerve** associated with **carpal tunnel syndrome**
- **Ulnar nerve** associated with **cubital tunnel syndrome**
- **Saphenous nerve** associated with **chronic knee pain**
- **Posterior tibial nerve** associated with **tarsal tunnel syndrome**
- **Suprascapular nerve** associated with **chronic shoulder pain**
- **Brachial plexus** associated with **thoracic outlet syndrome**

How often should this procedure be done?

Sometimes this procedure is one and done, notably if the issue is acute. If more chronic, then typically it takes 2-3 hydrodissections to fully get the nerve back to its proper function. We will consider repeating the procedure every 2-3 weeks as needed until you are symptom free.



Ultrasound-guided nerve hydrodissection treating carpal tunnel syndrome