

Preparation for your Needle Fasciotomy



During the procedure a small amount of local anaesthetic will be injected into the skin of your palm and/or fingers. We use a very small needle but because hands are very sensitive we also offer you anaesthetic cream to apply to your fingers prior to your appointment to minimise the discomfort from the injections.

The anaesthetic cream must be in continuous contact with your skin for at least 60 minutes prior to your appointment for it to work. This is why we ask you to apply it at home 60 minutes (or more) *before* your procedure.

You must not apply the anaesthetic cream to your fingertips of the hand being treated, because we need your finger tips to have normal sensation for the procedure.

To apply the cream

1. Before applying the cream please wrap cling film or plastic dressings individually around the finger(s) marked on the diagram below.
2. Squirt the cream out of the tube directly onto to the area shown on the diagram below.
3. Cover your entire hand and the cream with a glove. The glove prevents you getting the cream on your clothes or other surfaces in the hour before your appointment. Avoid using your hand as this will help prevent the cream moving around within the glove.

