

Diagnosis: RIGHT medial Epicondylitis
Procedure: RIGHT medial Epicondylar Injection

The procedure was carried out at the offices of Vermont Pain Management. The risks and benefits of the procedure were discussed extensively with the patient. The consent of the patient was obtained and the following procedure was performed.

The flexor tendon origin at the medial epicondyle area was identified and prepped in the usual sterile fashion.

Triamcinolone 40 mg (1.0 CC) in Bupivacaine 0.25% (4.0 CC) was easily injected via a 27 gauge, 1 1/2" needle. No paresthesias. Negative aspiration.

The patient was instructed to apply local ice compress to the injection site for fifteen minutes every four to six hours for the next twenty-four to forty-eight hours. The patient was instructed to contact their physician at Vermont Pain Management if there is any exacerbation of symptoms.