

Thread Release: referral summary

Dr. Jesse Dashe, M.D. · Board-certified orthopaedic surgeon, subspecialty certification in surgery of the hand · East Bay Hand Medical Center, San Leandro

To refer: fax (510) 297-0558 or call (510) 297-0550. Include demographics and phone, insurance (HMO patients need an authorization), reason for referral and your notes; EMG/NCS and imaging if already done. We call the patient to schedule. **Urgent slots are held daily; most new patients are seen within one business day.**

Thread Carpal Tunnel Release

Ultrasound-guided division of the transverse carpal ligament with a thread passed through two needle points. No incision, no stitches, in the office under local anesthetic, 10 to 20 minutes. The patient leaves with two bandaids and drives home. Dr. Dashe is the only surgeon in the San Francisco Bay Area offering it.

Refer: carpal tunnel syndrome on exam, with or without nerve conduction studies. Conservative-first: splinting and injection remain options.

Open release instead: revision cases, severe long-standing compression with thenar wasting, or anatomy not safely visualized on ultrasound. Dr. Dashe performs both.

Thread Trigger Finger Release

Ultrasound-guided division of the A1 pulley through two needle punctures. No palm incision, no stitches, in the office under local anesthetic. Offered on the fingers, not the thumb.

Refer: a finger that catches or locks at the A1 pulley. Injection remains an option for patients who prefer to start there.

Insurance

Most major plans, PPO and HMO. Medicare participating. Workers' compensation: in many MPNs (Sedgwick, Travelers, Liberty Mutual, The Hartford, CorVel, State Fund, Alameda and Contra Costa County programs). Medi-Cal as secondary only.

Return to work after Thread Carpal Tunnel Release (published data)

44% within 24 hours

69% within 3 days

95% within 1 week

Office work

96% within 2 weeks

Manual work

93% within 1 month

Heavy labor

Source: Dr. Danzhu Guo, developer of the Thread Carpal Tunnel Release technique. Used with permission. Individual recovery times vary; candidacy is determined by physician evaluation.

Office

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drdashe.com/refer-a-patient · drdashe.com/thread-carpal-tunnel-release · drdashe.com/thread-trigger-finger-release