Shoulder hydrodilatation

PATIENT INFORMATION SHEET INT09

Your appointment:

Date: .....

Time: .....

Location: .....

Please see our website for more clinic details.

Duration of examination

The procedure time is approximately 30 minutes.

Please bring with you:

- Your request form
- Medicare and any
- Healthcare cards

Payment on the day of the examination is requested.

For more information regarding Benson Radiology please visit:

bensonradiology.com.au

What is shoulder hydrodilatation?

This treatment aims to decrease pain and improve range of movement associated with frozen shoulder (adhesive capsulitis).

Patient preparation

There is no preparation required.

What will happen during the examination?

You will be asked to change into a gown and lie on the table. The procedure is performed under sterile conditions. Your skin around the shoulder area will be cleansed and local anaesthetic is injected.

X-ray is used to accurately locate the shoulder joint and guide a fine needle into the shoulder joint capsule. Steroid (anti-inflammatory) medication, local anaesthetic and saline are then injected into the shoulder joint capsule to distend it.

Are there any risks?

Please also inform us before the procedure if you have any allergies.

Infection of the joint is very rare as is any allergy. If pain or redness develops over the days following the procedure, please consult your doctor.

Effects from the treatment

The mild shoulder distension process can be slightly uncomfortable. The shoulder may be uncomfortable for a few days after the procedure. Paracetamol may be taken as directed if you experience discomfort.

After the examination

You will need someone to drive you home following the procedure. Please consider this when arranging your appointment.

We advise you to avoid any heavy lifting or strenuous activity for a few days.

We advise you to consult with a physiotherapist as soon as practical after the procedure to assist with your treatment.

You should also make arrangements to see your referring doctor so they may monitor your progress.

It is important you understand why and how we will be assisting you. If you have any questions, please call one of our clinics or speak to our staff on the day of your visit.

Benson radiology

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