

# Shoulder hydrodilataion

PATIENT INFORMATION SHEET INT09



## Your appointment:

Date: .....

Time: .....

Location: .....

Please see our website for more branch details.

### Patient preparation:

There is no preparation required

### Duration of examination

The procedure time is approximately 30 minutes.

### Please bring with you:

- > Your request form
- > All previous relevant imaging
- > Medicare and any Healthcare cards

### Payment on the day of the examination is requested.

For more information on this procedure please call one of our branches.

For more information regarding Benson Radiology please visit:

[bensonradiology.com.au](http://bensonradiology.com.au)

## What is shoulder hydrodilataion?

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

## What will happen during the examination?

You will be asked to change into a gown and lie on the x-ray 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?

You will receive a small dose of x-ray radiation. **Please advise the radiographer if you are, or think you may be, pregnant.** 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 shoulder distension process can be uncomfortable. Good distension, however, will increase the therapeutic effect of the procedure. 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.

A set of prescribed exercises will be given to you to complete in order to maximise the benefit of the procedure. Alternatively you may wish to consult a physiotherapist to assist with your treatment.

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