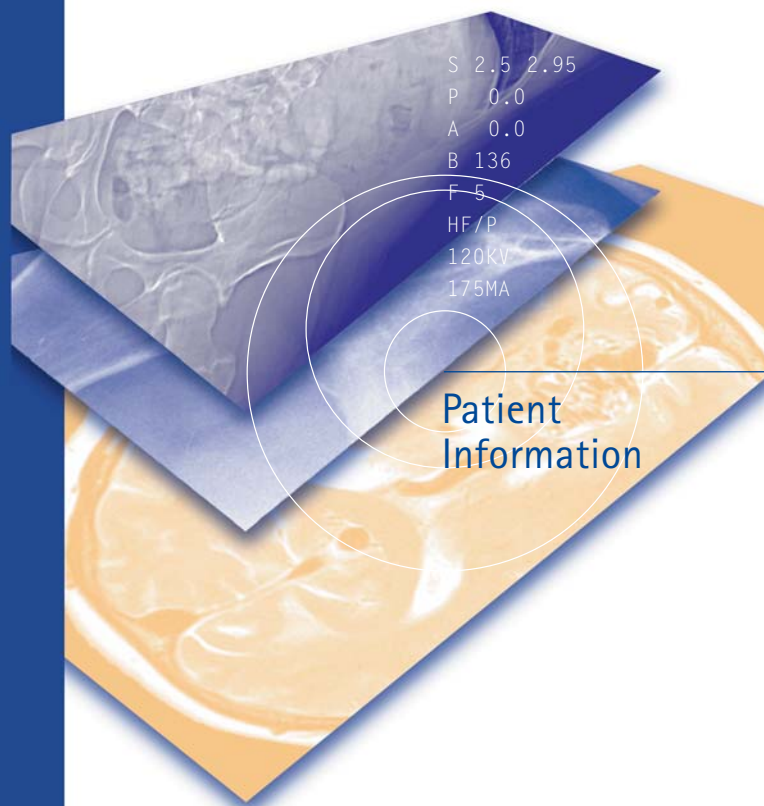


Please bring any previous x-rays with you on the day of your examination

Shoulder Hydrodilataion



Your next appointment:

Date: _____

Time: _____

What is hydrodilatation?

Shoulder hydrodilatation is both a diagnostic and therapeutic procedure. The aim of the procedure is to decrease pain and improve mobility in the "frozen shoulder" (adhesive capsulitis).

Preparation

No preparation is necessary.

Procedure

Following the injection of local anaesthetic into the skin, a fine needle is inserted into the shoulder using x-ray control to ensure that it goes directly into the joint.

A small amount of contrast medium, long-acting local anaesthetic and steroid are injected into the joint. Sterile saline is then injected to distend the joint capsule and break down adhesions.

This may result in a transient feeling of tightness, increased pressure or heaviness in the shoulder or down the arm.

Risks

There are very few side effects from hydrodilatation.

A mild allergy may occur, usually manifested by rash, and may last for a day or two.

The most serious potential complication is infection in the joint. This is more common in diabetic patients, but is rare, occurring in approximately 1 in 15,000 patients. If your shoulder becomes hot and red or you develop a fever, chills or sweats, please contact your doctor.

After the procedure

Please organise to have someone else drive you home.

Avoid lifting heavy objects. Your referring doctor will advise on post-procedural exercises and movement.