

Shoulder Hydrodilataion

Patient Information

What is it?

This procedure aims to improve mobility and decrease pain in cases of 'frozen shoulder' also known as adhesive capsulitis.

No preparation is necessary by the patient.

The patient must bring any previous x-rays.

Technique

- The procedure is performed under sterile conditions, with disinfection of the skin and joint.
- Local anaesthetic is injected in to the skin.
- A fine needle is then inserted into the joint, using x-ray control. A small amount of contrast medium is injected to ensure that the needle is in the joint. Long acting local anaesthetic and steroid are injected into the joint. Sterile saline is then injected to distend the joint capsule. The patient will experience some discomfort in the shoulder and down the arm during this part of the procedure.

Risks -This is a very safe procedure with few risks:

1. Allergic reactions to contrast materials.
These are RARE . The commonest allergic reactions consist of an itchy skin rash which may take a few days to resolve completely.

Severe allergic reactions, including death, related to the contrast media we inject are VERY RARE and occur in 1 in every 100,000 people. They usually consist of a severe asthma attack, difficulty breathing, or severe swelling of the face, mouth or airways. These serious reactions require emergency medical treatment, occur within an hour of the injection, and may require a period of observation in hospital before you are allowed to go home. They are MORE COMMON IF YOU HAVE OTHER ALLERGIES.

If you have had an allergic reaction to contrast injections given in conjunction with MRI, CT, or other X- ray procedures, the chance of another reaction is higher. You may require pre - medication in order to decrease your chance of a reaction or we may consider other alternatives which would not require contrast at all if we think the risk for you is too high. IT IS THEREFORE IMPORTANT THAT YOU TELL US OF ANY ALLERGIES OR REACTIONS YOU HAVE HAD IN THE PAST

2. Infection in the joint.

This is the most common and serious risk but is still RARE and we take every precaution with sterile technique in order to prevent it.. It happens to 1 in every 10 000 – 20 000 patients, and the risk is slightly higher in diabetics. If after the procedure, the joint becomes more painful, or red within the next few days to weeks or you develop a fever, chills or sweats, you must contact your local doctor or Emergency Department immediately. Tell them that you have had a joint injection. Early antibiotic treatment of joint infections is very successful and important in order to prevent complications.

After the procedure

The patient must be driven home by someone else.

Avoid lifting heavy objects.

You can expect that your shoulder will be quite painful for up to 3 days after this procedure as the joint capsule has been stretched. You should not plan any activities that require significant lifting or use of this shoulder during that time. This may include driving.

“Respect, communication, involvement”

The staff in Diagnostic Imaging want to make sure that you have understood the information that we have provided personally, as well as the information contained in the information sheet. We believe your understanding about why and how we are planning to assist you is very important.