This brochure tells you about a shoulder hydro dilatation, the benefits and the risks, what happens before, during and after the procedure.

This document should not replace the advice of your relevant health care professional.

What is a Shoulder Hydro dilatation?

Adhesive capsulitis, or “frozen shoulder” is when inflammation and the subsequent scar like tissue in the shoulder joint produce stiffness and restricted movement of the shoulder.

Shoulder hydro dilatation is an injection into the “frozen shoulder” using steroid, local anaesthetic and saline to decrease inflammation and pain, to improve the mobility of the shoulder joint combined with physiotherapy.

What happens during the shoulder hydrodilatation?

  o A small needle is inserted into directly into the shoulder joint under ultrasound, or x-ray guidance.
  o A small volume of contrast medium, long-acting local anaesthetic and steroid are then injected into the joint.
  o The joint is then stretched with 20-40mLs of saline, often resulting in a popping sensation.
  o After the procedure you might experience a temporary feeling of tightness, increased pressure or heaviness in the shoulder or down the arm, which may last a few hours.

Preparing for your Shoulder Hydrodilatation

  o There is no preparation required.

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**Do**

1. Bring you Medicare card with you.
2. Bring your request form if you have it.
3. Bring any previous shoulder imaging with you from the last 2 years.
4. If you are, or could be, pregnant then please tell your health practitioner or radiographer.
5. Arrange for someone to drive you home.
6. Ask if you need a medical certificate.
7. Leave all Jewellery and valuables at home.

**Austin Health does not take responsibility for your personal possessions.**
8. Have someone to pick you up, as you are not to drive.

Austin Health acknowledges the Traditional Custodians of the land we work on and pays its respects to Elders past, present and emerging. Austin Health celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.
Patient Information Sheet
Shoulder Hydro dilatation

How long does it take?
- The procedure takes about 30 minutes.
- Expect to be in the Radiology Department for at least 1 hour.

What are the benefits?
- If the procedure is successful, you should have a reduction of pain in your shoulder and increased movement in the joint.
- Many people feel immediate pain relief, but for some it can take a couple of weeks to achieve full benefit with the aid of physiotherapy.

What are the risks
- There are very few side effects from hydrodilatation.
- A mild allergy to the cortisone or local anaesthetic may occur, usually manifested by rash, and may last for a day or two.
- The most serious potential complication is infection in the joint. If your shoulder becomes hot and red or you develop a fever, chills or sweats, please contact your doctor immediately, or attend your local emergency department.

After care
- It is important to start moving your shoulder after the procedure
- You should avoid heavy manual activity with your shoulder for 10 days after the procedure.
- Your Physiotherapist will provide further advice on safe exercises to improve your shoulder range of movement
- Common side effect is a transient increase in pain, termed a flare, which can occur in first 4-48hrs. Treatment with simple analgesic measures such as Panadol, and cold packs.
- The steroid may cause facial flushing/redness, which can last a few days.
- If you have Diabetes, you may notice a rise in blood sugar levels for up to 1 week.

What next?
- Your results will be sent in a report to the Health Practitioner who referred you for this procedure.
- Please schedule a follow up with your physiotherapist after the procedure who will advise you on specific exercises for your shoulder condition

Further information
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