

# About Your Injection

A Hydrodilatation is a simple procedure for treating shoulder conditions such as adhesive capsulitis, also known as 'frozen shoulder'.

During this procedure the joint is anaesthetised and stretched to help improve mobility and decrease pain within the joint.

It is performed using imaging guidance to ensure the injection goes into the correct part of the joint. Your specialist will request for it to be performed under X-ray or ultrasound.

## Before your injection

You will receive an email about our Study of Clinical Outcomes - Recording and Evaluation System (SCORES) asking you to complete online questionnaires before your appointment. We would be grateful if you could do this as it allows us to audit and evaluate the effectiveness of the treatment we provide.

You do not need to do anything differently before your appointment, you can eat and drink as normal. When you arrive at the clinic you will be accompanied to the imaging department to prepare for your injection. You will need to change into a gown for your procedure.

## During your injection

Your procedure will be performed by a Consultant Radiologist. The site for injection will first be examined with the ultrasound machine, then the skin will be cleaned with a cold cleaning solution. Local anaesthesia may be injected to numb the area prior to the ultrasound guided injection. When your injection has finished and the needle is removed, a small plaster is applied to the site.

If you are having the procedure under X-ray guidance, the Radiographer will position the Image Intensifier over the site to allow the consultant to see the joint. They will inject X-ray contrast into the joint to make sure they are in the correct place before injecting the saline and steroid.

## After your injection

Your injection will take around 15 minutes and you will be able to leave straight away. Having had local anaesthetic administered to the injection area, most patients feel instantly better. This may last up to six hours. You may be asked to fill out a pain diary after your injection.

## For how long will it be uncomfortable?

Once the anaesthetic has worn off a minority of patients may experience worsened symptoms for 24-48 hours. You may experience some discomfort in the joint for a few days and it may feel a little bruised. We normally suggest you take things gently during this time and significantly reduce activities which involve resting the treated area for a few days. If symptoms become more severe than normal or you feel unwell for an extended period please contact our nursing team on +44 (0) 203 195 2442.

If you require urgent medical attention or advice out of clinic hours please visit your local A&E.

## Can I drive?

You are recommended not to drive for 24 hours following an ultrasound guided injection, but this can vary depending on the area injected.

## Can I play sports?

You are recommended to rest the injection site for at least 48-72 hours following an ultrasound guided injection. You should avoid any strain on the affected joint or area for two weeks post injection.

## Can I take pain relief?

Normal pain killers, ice or heat packs are recommended if necessary.

### Are there any side-effects?

Although side-effects are very rare, they may include the following:

**Allergic reaction:** If you are allergic to X-ray contrast (iodine), please inform the Radiographer. The risk of having an allergic reaction to the contrast is 1/100,000. This is slightly more common if you have other allergies.

**Bleeding:** Although rare, it is possible that the injection site will continue to bleed. The bleeding should stop if you put pressure on the injection site. Please contact the clinic if the bleeding does not stop after 1 hour.

**Skin Changes:** Very rarely (in 2-4% of patients) the skin near the injection site may discolour and can become photosensitive.

**Infection:** It is possible for the injected area to become infected. This is again rare (only occurring in 1/25,000 patients) but serious.

If you have any concerns please contact our nursing team on +44 (0) 203 195 2442.

## Hydrodilatation



What to expect before, during and after your injection

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Monday to Friday 8.00am - 8.00pm

Saturday: 8.00am - 1.00pm (Marylebone)

If you require urgent medical attention or advice out of clinic hours please visit your local A&E.

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