

Shoulder Hydrodilation

Shoulder Hydrodilation is a procedure that aims to improve the movement of the shoulder joint and relieve shoulder pain. It involves an injection of a mixture of sterile saline, local anaesthetic, and steroid. It is performed under X-ray guidance.

What to Expect During the Procedure

- You will be required to lie on your back on the X-ray couch with the affected arm extended out to the side. The skin around the shoulder joint will be cleaned and covered with a sterile drape.
- The radiologist will then inject into the skin with local anaesthetic to numb the area.
- A fine needle will then be introduced onto the surface of the shoulder joint under X-ray guidance and a small volume of X-ray dye (contrast iodine) will be injected to ensure correct positioning.
- After that, a mixture of solution (steroid and sterile saline) will be injected into the shoulder joint to stretch the joint capsule and break adhesions. You will feel some joint tightness and pain towards the end of the injection.
- If the pain gets intolerable, please let us know and we will pause / stop. Some people describe sudden relief of the pain / tightness when the joint covering is ruptured.

The entire procedure takes about 15-30 minutes.

After the Procedure

- Some people do experience moderate discomfort, which can last up to 30 minutes after the procedure.
- Avoid exercise involving the arms and lifting heavy objects.
- Most people will be able to resume normal activities after 24 hours.

Should you have any queries or require further clarifications, please contact:

National University Hospital

Department of Diagnostic Imaging

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Your Shoulder Hydrodilation Appointment

National University Hospital



Department of Diagnostic Imaging

Main Building, Level 2

Patient Particulars:

Appointment Date/Time:

Estimated Fees:

Note:

- Please do not bring valuables or excess cash with you. Patients and visitors are responsible for your personal belongings.
- No medical certificate will be issued for this appointment. Time chit will be given upon request.

Please arrive at least 15 mins before your appointment to register and prepare for the procedure.

We appreciate your understanding should an unforeseen delay occur due to medical exigencies.

Kindly inform us if you are unable to keep to the scheduled appointment.

Preparation Instructions for Patient

1. On the day of your appointment please inform the doctor or nurse if you have any previous allergies.
2. Some people do experience pain or discomfort, which may last for 30 minutes after the procedure.
3. Please bring along someone to drive you home after the procedure. It is not advised to drive or operate heavy machinery for the rest of the day following the procedure as you may find it painful or difficult to manoeuvre.
4. Please turn up punctually on the day of your appointment.
5. If you are late, a new appointment will be given but this may mean a delay of several weeks.

IMPORTANT REMINDERS

- Please inform us if you are suffering from asthma and/or allergies to any drugs and seafood.
- Please inform us if you are taking any blood thinning medications such as Warfarin, Dabigatran, Apixaban, Rivaroxaban, Tinzaparin, Enoxaparin or Dalteparin.
- There may be a small risk of infection. If your shoulder becomes swollen, painful, or reddened after the procedure or if you develop a fever, please see a doctor immediately to rule out any infection.

Please bring this leaflet on the day of your appointment

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The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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