Shoulder Hydro-dilatation
Radiology Service

Information for patients

What is a Shoulder Hydro-dilatation?
A shoulder hydro-dilatation is a procedure whereby the capsule of the shoulder joint is anaesthetised and stretched. This procedure is usually performed to decrease pain and improve mobility of the shoulder.

What to Bring:
Bring any relevant imaging scans (film packet or a CD containing X-rays, CT scans, ultrasound or MRIs etc.).

Preparation:
Tell staff at the time of booking and when you attend your procedure if you have any allergies, have had a previous reaction to an x-ray dye or if you have kidney disease. This ensures that the appropriate measures are taken to carry out the procedure with maximum safety.

Arrange for someone to take you home after your procedure.

Eating/ drinking:
You may eat and drink prior to your procedure.

Medications:
Tell staff at the time of booking if you are taking any:

- Blood thinning medications (e.g. Warfarin, Xarelto, Rivaroxaban, Pradaxa, Apixaban, Eliquis),
- Antiplatelet medications (e.g. Clopidogrel, Plavix, Aspirin)

You will be informed if you need to stop taking these medications before your procedure.

Continue taking other medications as prescribed, unless directed otherwise by medical or nursing staff prior to your procedure.

Please bring a list of all your medications with you to your appointment.

Procedure:
On arrival to the radiology department our staff will discuss with you your medical history and ask you to change into a patient gown.

The doctor will explain the procedure and discuss with you the potential risks and you will be asked to sign a consent form.

During the procedure you will be lying on your back on a bed in the x-ray room.
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Your shoulder will be cleaned with an antiseptic wash and local anaesthetic will be used to numb a small section of skin on your shoulder. Using x-ray guidance, a fine needle is placed into the shoulder joint through the numb patch of skin. A small amount of contrast will be injected into the joint to ensure the needle is in the correct position.

Once position is confirmed, a local anaesthetic and steroid will be injected into the shoulder joint. Normal saline will then be injected to stretch the capsule. You may experience feelings of tightness, pressure or heaviness in the shoulder at this time.

The needle will then be removed and a small dressing will be applied to the puncture site.

Post Procedure Care:
We advise that you do not drive after the procedure, as your arm may feel slightly weak. This usually lasts for an hour, but can last up to 24 hours. You may drive again as soon as your arm feels normal.

You may also notice a slight ache in the shoulder which may last a few days after the procedure. Avoid heavy lifting and intense activity of the shoulder for the first 3 days after the procedure. Gentle movement is encouraged.

If you notice that your shoulder is hot, or you develop flu-like symptoms a few days after the procedure, you should see your local doctor to rule out infection.

You should expect to notice the benefits of the procedure within 2 weeks.

Discharge
You will be able to go home immediately after your procedure if you have no other medical conditions/concerns that require treatment.

Results:
The results together with the procedure report will be sent to your referring doctor. Return to your doctor to discuss examination results.

Radiation Risk
Most medical imaging tests, except MRI and ultrasound, involve exposure to radiation from X-rays. Your doctor considers that the benefits of the examination you require to be greater than the small risk posed by the radiation exposure.

Please advise us at the time of booking and/or at the time of your procedure, if you think you may be pregnant.

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References:
Inside Radiology:
The Royal Australian and New Zealand College of Radiologists®