Hydrodilatation

What is a Shoulder Hydrodilatation?

Hydrodilatation is a medical treatment for adhesive capsulitis or a frozen shoulder. This involves the use of radiological imaging (X-Ray) to watch and guide the procedure. A small amount of contrast medium (X-Ray dye) is injected into the joint which allows the procedure to show up on an imaging device. The contract medium is NOT radioactive, but does contain iodine. **Because of this we will need to know if you have had a previous reaction to iodine in the past.** Hydodilatation involves stretching the capsule of the joint by injecting a mixture of sterile saline, local anesthetic and steroid. This hopes to free up the joint and release adhesions (scar tissue), with the aim of reducing shoulder pain and increasing range of movement. The Radiologist performs the procedure in the X-ray department using X-ray guidance to ensure the injection is accurately placed. The injected fluid can be seen to expand the joint capsule around the shoulder to disrupt adhesions.



How do I prepare for the procedure?

Please inform the department if you are taking warfarin

After the procedure your shoulder may be more painful than usual for a while, until the anaesthetic begins to take effect, so it is recommended that you make sure you have some painkillers with you to take once you are finished having the procedure.

What will happen on the day of the procedure?

From the waiting room, you will be called through to the changing cubicles, asked to undress and be given a gown to put on.

In the x-ray room, you will be asked to lie on your back with your hand by your side. This is a sterile procedure, your skin will be cleaned and local anaesthetic will be injected into your skin. When your skin is numb a needle will be passed into the shoulder joint, x-ray dye will be introduced and x-ray images taken to make sure the needle is correctly placed.

Local anaesthetic will then be injected into the joint (steroid may also be). Sterile water will also be injected into the shoulder joint, in order to open out the joint capsule and relieve the restriction in the joint. This can be a painful procedure.

You may be asked to wait in the department for approx. 15mins after the procedure.
Your referring clinical specialist may have asked you to keep a pain diary to check the effect of this procedure.

What will happen after the procedure?

Please organize to have someone else drive you home.

Avoid lifting heavy objects or operating heavy machinery.

You should have been made a follow-up appointment with a Physiotherapist, if this has not been arranged please contact the Physiotherapy department via the booking office on 01484 728941.

You will need to see a Physiotherapist between 3-5 days after.
There are exercises you can be doing post procedure until you see your therapist detailed on page 4.

Are there any side effects or risks?

This is considered to be a very safe examination, and most people have no problem. You should seek medical attention if you experience any of the following after your procedure:

- Your pain increases severely.
- You start to feel unwell or develop a fever or shortness of breath.
- The puncture wound starts to look red and inflamed.

There is a risk it may not work (approx 30%). There is also a small risk of bleeding. You must inform the department if you are taking anticoagulants eg. Warfarin

A follow-up review will be arranged by your referring clinical specialist post procedure to review your results.

Does it work?

We have a success rate of over 70% in improving the movement of the shoulder and over 90% in improving pain. Many people feel immediate relief, but for some it can take a couple of weeks to achieve full benefit.

Any questions?

Calderdale Royal Hospital
Please call the X-ray Department on 01422 222295.

Huddersfield Royal Infirmary
Please call the x-ray department on 01484 342700.

Ask to speak to a fluoroscopy Radiographer.

Cancellations

Telephone number 01422 222295 (Calderdale) / 01484 342700 (Huddersfield)
If you know that you will be unable to keep this appointment, please cancel as soon as possible, so that someone else on the waiting list can make use of it.

Car parking

The hospital car parking is barrier operated for patients and visitors. We advise you to allow 30 minutes before your appointment to find a parking space and bring some change with you. Parking for Disabled Permit Holders is free of charge, but you will need to bring your Disabled document with you to the main hospital reception desk.

Please Note

All patients attending the X-ray department will be asked to confirm their identity by stating their full name, address and date of birth. This is a legal requirement and may be carried out several times during your visit.

Stretches

- **Overhead** - lie on your back and use your good arm to help the affected arm up above your head. Feel a stretch in your shoulder and hold for 20-30 seconds. Repeat 2-3 times.



- **External Rotation** - lie on your back with a rolled up towel under your elbow to support your arm. Hold a stick between your hands, keep elbows bent and use your good hand to push your affected hand out to the side. Push until you feel a stretch in your shoulder, hold for 20-30 seconds. Repeat 2-3 times.



- **Internal Rotation / Hand behind back** - hold a towel between your hands, use your good arm to pull the affected hand behind your back. Pull until you feel a stretch in your shoulder, hold for 20-30 seconds. Repeat 2-3 times



http://www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patient-careinformation/

If you have any comments about this leaflet or the service you have received you can contact :

Physiotherapists
Physiotherapy Outpatients
Broad Street Plaza
Halifax

Telephone No: 01422 261306

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obrat'te se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym fomacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉੱਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو ی معلومات کسی اور فارمیٹ یا زبان می ں درکار ہوں، تو
براۓ مہربانی مندرجہ بالا شعبے می ں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"