

# Hydrodilatation Injections

## **What is adhesive capsulitis?**

"Adhesive Capsulitis, or "frozen shoulder" is pain and loss of motion in the shoulder with no other cause. The shoulder capsule gets inflamed and forms scar tissue that causes the capsule to contract causing pain and stiffness and restricted movement.

## **What is hydrodilatation?**

Shoulder Hydrodilatation is an injection into the shoulder joint using a mixture of cortisone, lidocaine and saline performed with ultrasound-guidance to decrease shoulder pain and improve the range of motion. Your doctor will refer you for a shoulder hydrodilatation if you are demonstrating signs of Adhesive Capsulitis or "frozen shoulder".

## **What will happen during the appointment?**

Your doctor might ask you to change into a gown. You will then be put in the best position to accurately and easily do the procedure. Your doctor will sterilize the area around the injection site. He/She might also apply an anesthetic to numb the area where the needle will be inserted. In most cases, your doctor will be using an ultrasound to guide the needle for optimal accuracy.

## **What should I do after the appointment?**

It is advised to schedule a follow-up with your doctor typically 4-6 weeks after the procedure to monitor progress. Please follow the advice of the physician on post-procedural movement, exercises and other treatments such as physiotherapy. Apply ice to the injection site as needed to relieve pain. Don't use heating pads. Although it is rare watch for signs of infection, including increasing pain, redness and swelling that lasts more than 48 hours.