

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 thirty 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 maneuver.
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.

Please bring this leaflet on the day of your appointment

Shoulder Hydrodilatation

Patient Information Leaflet

National University Hospital
5 Lower Kent Ridge Road, Singapore 119074
OneNUHS Hotline: (65) 6908 2222
OneNUHS General Enquiries: contactus@nuhs.edu.sg
OneNUHS Appointments: appointment@nuhs.edu.sg
www.nuh.com.sg

Hydrodilatation for frozen shoulder is a procedure that aims to improve the movement of the shoulder joint and decrease pain in the shoulder. It involves stretching the capsule of the joint and reducing the inflammation within it by injecting a mixture of sterile saline, local anesthetic and steroid.

The Procedure

1. 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.
2. The radiologist will then inject under the skin with local anesthetic to numb the area.
3. 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.
4. After that, we will inject a mixture of fluid into the joint gradually. 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.
5. The entire procedure takes about 15-30 minutes.

Some Precautions

- 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.

Radiation Dosage

Radiation dose is strictly kept to the minimum with the help of modern equipment and techniques.

After the Procedure

1. Some people do experience moderate discomfort, which can last up to 30 minutes after the procedure.
2. Please do not operate heavy machinery or drive after the procedure.

3. Most people will feel completely back to normal after 24 hours.

Follow the instructions closely and **DO NOT** be unduly worried about the examination as you will be in good hands.

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

Department of Diagnostic Imaging
Tel: (65) 6772 3700
Fax: (65) 6779 5219
Email: DDI_enquiries@nuhs.edu.sg

Your Hydrodilatation Appointment

Diagnostic Imaging @ MB L2 (Mon – Fri, 8am – 6pm)

Patient Particulars:

Appointment Date/Time:

Estimated Fees for Outpatient:

Note:

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

Please arrive at least 15 mins before the appointed time 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.

This brochure is classified as Unclassified, Non-Sensitive

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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