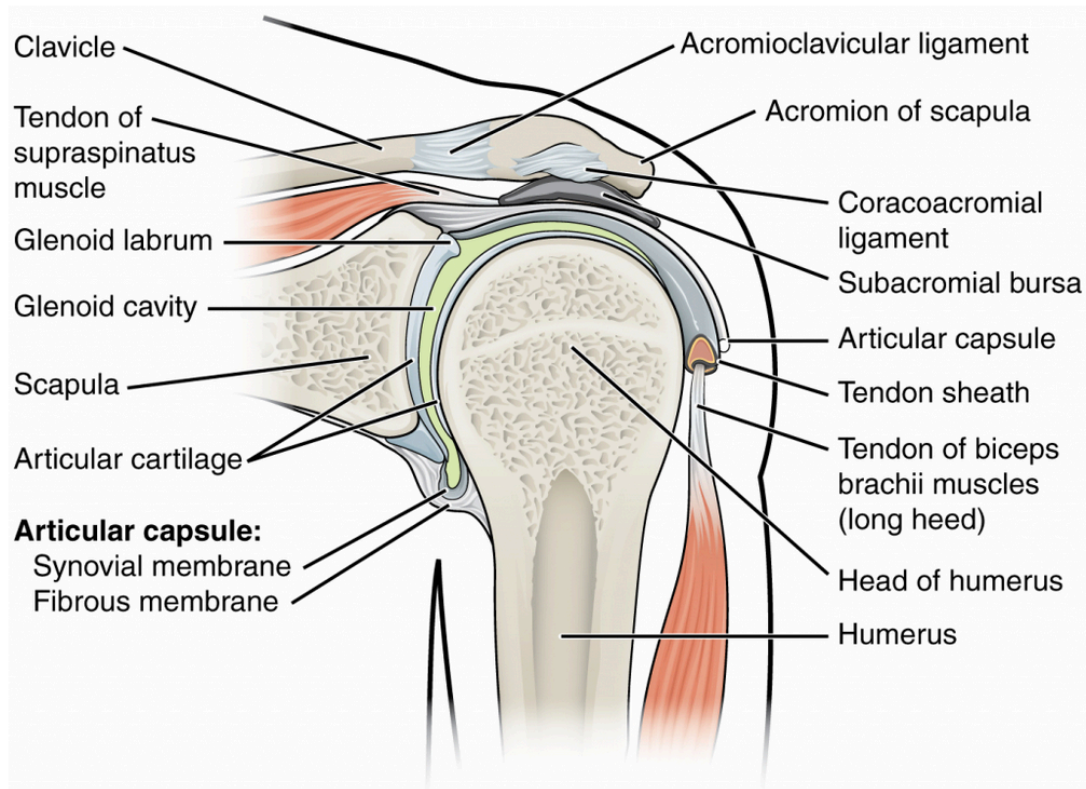


## What is a Shoulder Injection?

A shoulder injection places drugs into the joints or areas of the shoulder that have pain or inflammation. This is reasonable procedure to have performed before having any surgery on the shoulder. Either your orthopedist or we can perform this injection. Most orthopedists perform this by landmarks while we perform this under direct imaging.

## Why perform a shoulder injection?

A shoulder injection place is a corticosteroid in one of three places depending on physical exam and complaints. This is beneficial for frozen shoulder (adhesive capsulitis) or osteoarthritis in the glenohumeral joint. This can also be performed in the acromioclavicular joint when this joint is arthritic. It may also be beneficial to inject the bicipital tendon. Your doctor will determine which of these is most beneficial by physical exam.



## Can anyone have a shoulder injection?

Most people can have a shoulder injection. If you have any localized infection, such as a boil on your shoulder, or a generalized infection, the procedure would not be performed until the infection has cleared up.

The procedure is done under ultrasound to ensure that the injection is given in the correct place.

**You do not need to hold blood thinners for this procedure**



## What are the risks and complications?

The most common problems relate to local anesthetic which may be used. Local anesthetic could be injected into a blood vessel which can cause lightheadedness, seizure, numbness around the mouth.

Infection is always a risk whenever anything is injected into the body, and we take precautions to avoid this by performing the procedure as a fully sterile technique. Usually if this gets infected it is a skin infection and is self-limited.

## How is the procedure performed?

The procedure is performed in the operating room or office under ultrasound. When you arrive a small needle may be inserted into one of your veins, for safety, so that should any drugs be required, they can be easily given. You will be expected to lie on the table face down or you may have this sitting depending on the doctor preference.

Local anesthetic is injected into the skin and deeper tissues to reduce the discomfort of the procedure. However, when the needle is inserted there will be a feeling of someone pushing in your shoulder, which is normal. The needle may be inserted between your front or your shoulder. When the operator has put the needle in and confirmed that the needle is correctly positioned. The injection will be given and the needle removed.

## What happens after the procedure?

After the procedure you will go into the recovery area where your blood pressure will be monitored.



## What pain might you experience after the procedure?

The amount of pain experienced might become worse for a short period of time. If this occurs, it is not dangerous and should settle over time. You should start to have a relief 48 hours after the injection.

## Back at home

You can remove the dressing from the injection site after 24 hours.

## Will you be followed up afterwards?

You will be called for follow up to determine how the injection has helped you.

## Important information

Please let us know before if you have:

A cold/flu

Fever/chills

A persistent cough

You are taking a course of antibiotics prior to procedure

Or there has been any significant change in your overall health as this may affect your procedure.

**Failure to do so may result in your procedure being cancelled on the day.**

## Medication



Please take all your prescribed medication as normal prior to your procedure unless you have been otherwise advised

Please bring a list of all your current medication when you attend for your procedure

## Can I eat before I come in?

If you plan to get sedation for the procedure you should not eat from midnight the night before.

If you have any questions or concerns about this procedure call the office at 480-636-1225.

This handout should not be considered more important than your doctors advice when you spoke to him in the clinic. The information contained in this is generalized and may not pertain to your specific condition.