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# **Ultrasound Injection of Shoulder Aftercare**

Information for patients

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- Your car insurance may not cover you following a procedure using local anaesthetic. We advise you not to drive until the following day.
- As advised by your consultant radiologist, you should rest for 48 hours following the procedure.
- Depending on your occupation, you may need to take 1— 2 days off work.
- You should not participate in any strenuous activity or exercise for at least 2 weeks following the injection.
- You should ease into exercise gradually in the weeks following your injection.
- It may take 2 - 3 weeks to obtain maximum benefit from the steroid, please do not be disheartened, it takes time for the steroid to reduce the inflammation.
- There may be a temporary increase in pain for 1-2 days and a small amount of bruising. This settles on its own or paracetamol can be taken. There is a low (less than 1/1000) risk of infection.
- **Before stopping any pain relieving medication**, please consult the doctor who prescribed them. You may need to reduce these gradually.
- **After 4 weeks, if you experience no pain relief, please make another appointment to see your consultant to discuss alternative treatment.**

**We advise that you do not drive for 24 hours, or undertake overhead activity with the arm for 48 hours.**

**Complications are rare, However, there are two main complications:**

### **1. Infection**

This will produce a slow increase in your shoulder pain and may be accompanied by redness of the skin, swelling and a fever (flu like symptoms). If this occurs you will require hospitalisation for intravenous antibiotics. If these do not control the pain and the pain continues to increase in severity, you should attend your nearest Emergency Department and notify them that you have undergone this procedure.

### **2. Explosive Shoulder**

This results from irritation of the bursa by crystals (either calcium or the crystals of the steroid solution itself). This will result in severe pain of rapid onset probably occurring within 24-36 hours of the injection. In the majority of cases, this can be treated with non-steroidal anti inflammatories (e.g. Ibuprofen, Naproxen). These should be prescribed by your GP.

If these do not control the pain and the pain continues to increase in severity, you should attend your nearest Emergency Department and notify them that you have undergone this procedure. Occasionally admission is required for pain relief, shoulder aspiration and possible nerve block.

**Please contact the X Ray department if you develop any of the following:**

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- Rash
- Skin itching
- A "flushed" look or reddening of the face/body

These can indicate a reaction to the medication used and you may need to be assessed by a doctor.

**X-Ray Department:  
028 90 687999**

**Please go straight to A&E if you have a more severe reaction**

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- Breathing Difficulties
- Swelling of the face, lips or throat

Reactions and complications are very rare but it is important to take appropriate action if anything arises.

Name of Patient:

Appointment Date:

Appointment Time:

Referring Consultant:

Radiologist:

If you have any queries  
our radiology staff  
will be pleased to help you:

**T:** 028 9068 7999 **E:** [Xray@uic.org.uk](mailto:Xray@uic.org.uk)