

THE HAND DOCTOR PRACTICE

Information for patients

Consultant Hand Surgeons

Mr. Max Horwitz, Mr. Dan Shaerf, Mr. Tomas Tickunas

This is an information leaflet for ultrasound guided steroid injections
+/- hand therapy further to your consultation with your Hand Doctor



HOW TO BOOK YOUR ULTRASOUND INJECTION

You will need a signed referral form to book an appt with a Consultant Radiologist. (form is provided by Mr. Horwitz/ Mr. Shaerf/ Mr. Tickunas or the office).

CODE for insurance W9030

Please refer to the clinic report from your consult (which will be emailed to you) on directions on if/when to see specialist Hand therapist as well as seeing The Hand Doctor Consultant again for review.

Recommended Consultant radiologists:

Dr.Michael Khoo Dr.Robert Pearce Dr.Adam Mitchell Dr.Sangoh Lee Dr.Justin Lee
Dr.Gajan Rajaswaran Dr.Jerry Healy Dr.Manos Astrinakis Dr.Richard Hughes [Clem Churchill only
Dr.Ajay Sahu + Dr.Diren Shah]

Appointments are booked via Radiology dept of your choice:

- * Fortius Clinic: 0203 195 2442
- * Cromwell Hospital: 0207 460 5746
- * Hospital St John St Elizabeth: 0207 806 4030
imagingreception@hje.org.uk
- * Wellington hospital/ HCA venues: 0207 483 5012
- * Clementine Churchill Hosp: 0208 023 8006

Self pay options

* Oryon Imaging 020 70421888 * Coyne Medical: 0207731 3077 or * Medneo 0300 303 0906 with Dr Na'eem Ahmed
OR * Joint Injection Clinic: 0208 0046659 with Dr Will Tilden

RECOMMENDED HAND THERAPISTS

Hospital St John St Elizabeth (NW8) (Andreas, Laura or Beth)
Tel: 0207 806 4010 physiotherapy@hje.org.uk

Fortius Clinics, (Marylebone, City + Wimbledon)
Hand Therapy Specialists (Raelene, Emily or Sally)
Tel: 07528 000730 info@handtherapyspecialists.co.uk

Cromwell Hospital (SW5), Joe Prince Tel: 02074605749
physiotherapyreception@cromwellhospital.com

Six Physio Hand Clinics, Moorgate, Kensington, Chelsea & Fitzrovia (Jennifer Parr) Tel: 0207 036 0286
<https://www.sixphysio.com/services/hand-clinic>

Pure Sports Med, Clinics (Lauren, Kirstyn, Gemma)
Tel: 0204 527 6325
<https://puresportsmed.com/services/the-hand-wrist-clinic>

Juliette Bray, Marylebone (NW1)
Tel : 07915 382 664 info@handphysiotherapy.co.uk
Book online www.HandPhysiotherapy.co.uk (Bupa patients not accepted)

Anne Garewal Physiocentric Wimbledon (Mon+Fri)
Tel: 0208 879 3608 info@physiocentric.co.uk

Platinum Medical Centre, Wellington hospital c/o Central Health Physio (Christy, Megha, Storm) Tel: 0207 404 6343
reception@central-health.com

David Baker - City Hand Therapy One Wellbeck, Chelsea + City Tel: 0203 011 1831 www.cityhandtherapy.co.uk

Nicola Goldsmith (NW London) Tel: 0208 201 1036
nicola@mayot.co.uk Self funding patients only

Bushey Spire Hospital, Rachel Maccabee Tel: 0203 933 5107
BusheyHandTherapy@spirehealthcare.com

Clementine Churchill Hospital Tel 0800 404 6660
physioadmincch@circlehealthgroup.co.uk

What is an ultrasound guided injection?

This is performed under the guidance of an ultrasound scanner by a Consultant Radiologist. This allows for a diagnostic examination to be performed prior to injection where necessary and also allows for exact points of inflammation to be targeted and injected with steroid if needed. **The code for your insurance company is W9030.**

Before your injection

You do not need to do anything differently before your appointment and you can eat and drink as normal. When you arrive at the clinic, one of the nursing team will escort you into the room to prepare you for your injection. You may need to change into a gown for your procedure.

It is important that you make your radiologist aware if you are currently taking blood thinning drugs such as **aspirin** and **warfarin**.

These injections may be used to:

- + relieve pain from some medical conditions (such as arthritis and tendonitis)
- + remove fluid from an area near a joint or stop the fluid from coming back
- + manage pain before surgery
- + manage pain if you are not medically able to have surgery

During your injection

Your procedure will be performed by a Consultant Radiologist. The site for injection will first be examined with the ultrasound machine. Then the skin will be cleaned with a cold cleaning solution and local anaesthesia may be injected to numb the area prior to the ultrasound guided injection. When your injection has finished and the needle is removed, a small sticking plaster is applied to the site.

After your injection & advice

Your injection will take around 15 minutes and you will be able to leave straight away. Having had local anaesthetic administered to the area of discomfort, most patients feel instantly better. This may last up to 6 hours.

Q. For how long will it be uncomfortable?

A. Once the anaesthetic has worn off a minority of patients may experience worsened symptoms for 48-72 hours, this is normal. If symptoms are not controlled with regular pain killers or if you feel unwell for an extended period, please contact the office.

Q. Can I take pain relief?

A. Normal pain killers, ice or heat packs are recommended if necessary.

Q. Can I drive?

A. If any pain does not impede your ability to drive safely you should be able to drive. However, you have to be comfortable to manage your car and stop in an emergency etc.

Q. Can I play sports?

A. You are recommended to rest the injection site for at least 48-72 hours following an ultrasound guided injection. If a ganglion was aspirated, you should avoid sports for 2 weeks post injection. You should also avoid straining the affected joint for 2 weeks post injection.

Q. For how long does it work?

A. For some patients it will last a month, for others much longer. We cannot guarantee that the procedure will improve symptoms of pain and individual response to steroid injections does vary considerably. In addition, it's important to note the injection can reduce the pain in a matter of days, but in some cases, it can take up to 6 weeks to provide any relief.

Q. Are there any side-effects?

A. Although side-effects are very rare, they may include the following:

Flare Response: Steroids may cause pain, swelling, redness and warmth in the injected area in up to 25% of patients. You should take a non-steroidal anti-inflammatory agent such as Ibuprofen. Paracetamol can be taken at the same time. Ice-packs may also help lessen the swelling at the injection site.

Bleeding: Although rare, it is possible that the injection site will continue to bleed. The bleeding should stop if you put pressure on the injection site. Please contact the clinic if the bleeding does not stop after 1 hour.

Skin Changes: Very rarely (in 2-4% of patients) the skin near the injection site may discolour and can become photosensitive permanently.

Infection: It is possible for the injected area to become infected. This is again rare, only occurring in 1/25,000 patients, but serious.