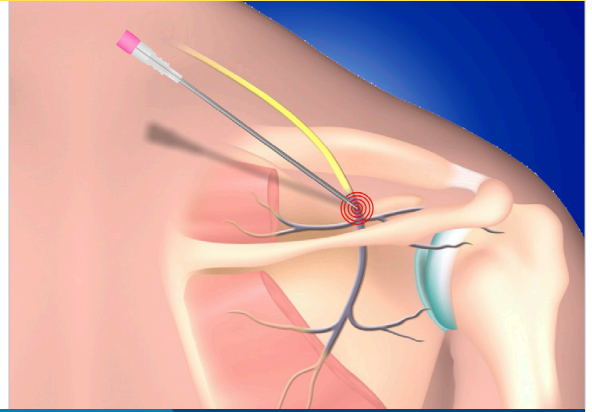


# Suprascapular Nerve Block and/or Ablation



A nerve block relieves pain by blocking the pain signal sent to your brain. Some nerve blocks are used to find out sources of pain. Others are used to treat painful conditions. A suprascapular nerve block is an injection of a local anesthetic and steroid to block the nerves that influence pain in the shoulder. The ablation uses radiofrequency to decrease pain for a longer period.

## Duration

Less than 30 minutes

## How is it performed?

Prior to the steroid injection or ablation you will be positioned on your stomach. The injection site will be cleaned and local anesthetic will be used to numb the effected area. To ensure proper needle placement, your physician will utilize fluoroscopic x-ray technology or ultrasonic guidance. When the physician is assured the needle is in the correct location, a mixture of steroid and local anesthetic will be injected.

If the steroid injection affords you significant pain relief, you will be eligible for radiofrequency denervation. This entails creating a heat lesion around the nerves in order to block the nerves from carrying pain signals to the brain. The ablation lasts 60-100 seconds and feels like a warm, cramping sensation. This typically provides 6 months to a year of relief.

## Prior to your procedure

You will have the option of receiving no sedation or:

- oral sedation – or –
- intravenous sedation

If choosing sedation, you must not eat for six hours or drink anything for four hours before the procedure. You may continue taking all medications before the procedure.

[more on back](#) ►

## Conditions treated

You might benefit from a suprascapular nerve block and ablation if you suffer from:

- Shoulder pain
- Rotator cuff injury
- Scapular pain

## To schedule a procedure

Please contact the nurse navigators to schedule any procedure.

- for McCullough-Hyde Ross Medical Center, call 513 246 7182\*
- for Good Samaritan Hospital and Bethesda Surgery Center, call 513 246 7958\*

\*Please note these numbers are for scheduling only

## To ask other questions

Please call 513 246 7000. Select Option 3 three times.

# Suprascapular Nerve Block and Ablation

◀ continued from front

## What are some of the risks and side effects?

This procedure is a relatively safe, non-surgical treatment, with minimal risks of complications. Some of the most common or possible side effects are:

- Weakness
- Infection
- Increased pain
- Vascular injection
- Bruising

## What to expect after the procedure

After the injection procedure, you might feel a weak or numb sensation where the medication was injected. As the numbing medication wears off over the first couple days, you may experience an increase in pain. Once the steroid begins to work, you should experience pain relief. If you have the ablation you may be sore for up to 3 weeks, but this usually resolves in 1 week.

Ice is typically more helpful than heat during the first two to three days after the injection.

If you have sedation, you should not drive or engage in physical activity for 24 hours following the procedure.

Slowly ease back into exercise routines over a period of one to two weeks.

You should call your doctor if you experience a fever over 101 within 72 hours of the procedure.

After the radiofrequency procedure, you can expect to have soreness around the injection sites for up to 3 weeks. Pain relief is typically expected within a month of the procedure and this relief can last from 6 months to a year.

However, not all patients will achieve pain relief with this procedure and some will experience shorter periods of pain relief than others.

# Glenohumeral Joint Injection



The goal of this procedure is to reduce shoulder pain through the injection of a local anesthetic and corticosteroid.

## Duration

Less than 15 minutes

## How is it performed?

Prior to the injection, the injection site (either the front, back, or side of the shoulder) will be cleansed. You will be seated in the upright position with your arm resting on your side. Ultrasonic guidance maybe used to help your physician ensure proper needle placement. Once the needle placement is confirmed, a mixture of steroid and local anesthetic will be injected.

## What are some of the risks and side effects?

This procedure is a relatively safe, non-surgical treatment, with minimal risks of complications. Some of the most common or possible side effects are:

- Infections
- Increased pain
- Weakness

## What to expect after the procedure

You might feel a weak or numb sensation where the medication was injected. As the numbing medication wears off over the first couple days after the procedure, you may experience an increase in pain. Once the steroid begins to work, you should experience pain relief.

Ice is typically more helpful than heat during the first 2-3 days after the injection.

You should resume normal activities following the procedure. Slowly ease back into exercise routines over one to two weeks.

You should call your doctor if you experience a fever over 101 within 72 hours of the procedure.

## Conditions treated

You might benefit from a Glenohumeral Joint Injection if you suffer from:

- Frozen shoulder
- Osteoarthritis
- Shoulder pain
- Labial tear
- Rotator cuff injury

## To schedule a procedure

Please contact the nurse navigators to schedule any procedure.

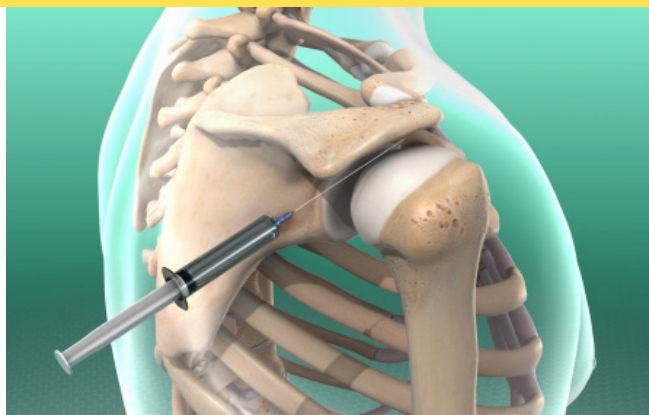
- for McCullough-Hyde Ross Medical Center, call 513 246 7182\*
- for Good Samaritan Hospital and Bethesda Surgery Center, call 513 246 7958\*

\*Please note these numbers are for scheduling only

## To ask other questions

Please call 513 246 7000. Select Option 3 three times.

# Subacromial/ Subdeltoid Bursa Joint Injection



The goal of this procedure is to reduce shoulder pain through the injection of a local anesthetic and corticosteroid.

## Duration

Less than 15 minutes

## How is it performed?

Prior to the injection, the injection site (either the back, or side of the shoulder) will be cleansed. You will be seated in the upright position with your arm resting on your side. Ultrasonic guidance may be used to help your physician will ensure proper needle placement. Once ensure the needle is in the correct spot, a mixture of local anesthetic and steroid will be injected.

## What are some of the risks and side effects?

This procedure is a relatively safe, non-surgical treatment, with minimal risks of complications. Some of the most common or possible side effects are:

- Infection
- Increased pain
- Weakness

You may continue taking all medications before the procedure.

## What to expect after the procedure

You might feel a weak or numb sensation where the medication was injected. As the numbing medication wears off over the first couple days after the procedure, you may experience an increase in pain. Once the steroid begins to work, you should experience pain relief.

Ice is typically more helpful than heat during the first 2-3 days after the injection.

You should resume normal activities following the procedure. Slowly ease back into exercise routines over one to two weeks. You may resume regular eating habits immediately.

You should call your doctor if you experience a fever over 101 within 72 hours of the procedure.

## Conditions treated

You might benefit from a subacromial joint injection if you suffer from:

- Impingement syndrome
- Shoulder pain
- Rotator cuff injury

## To schedule a procedure

Please contact the nurse navigators to schedule any procedure.

- for McCullough-Hyde Ross Medical Center, call 513 246 7182\*
- for Good Samaritan Hospital and Bethesda Surgery Center, call 513 246 7958\*

\*Please note these numbers are for scheduling only

## To ask other questions

Please call 513 246 7000. Select Option 3 three times.