



## Ultrasound Procedures



Using ultrasound guidance, a range of interventional studies and exams can be performed. These include Biopsies, Fine Needle Aspirations, Fluid Aspirations, and pain relief injections.

### Ultrasound Guided Pain Relief Injections

can be an effective way of reducing inflammation to a specific area or injury to help reduce pain and assist the patient to manage their healing progress. These injections can be performed on a range of areas including, but not limited to;

- Finger joints
- Toe joints
- Plantar fascia
- Greater trochanteric bursa (hip)
- Subacromial bursa (shoulder)
- Elbows
- Pre patellar bursa (knee)
- Wrists
- Carpal Tunnel
- Occipital Nerve

In most cases patients will need a prior examination to diagnose the issue/injury.

The procedure takes around 20 minutes, and, in most cases, you are able to drive straight away, though you will be advised at time of booking if this is not the case.

The injection combines two medications, a long-acting local anesthetic and a steroid (cortisone), if your doctor wants specific medication to be used, they may need to supply you with a script, however in the majority of cases we use the medication we have in stock.

On the day of your exam, you will be taken through a consent form which includes asking any relevant health questions and explained the risks involved, once this is signed the assistant will set you up and call the Radiologist to perform the injection.

There is some aftercare involved with the injection, this will also be explained to you on the day. The pain relief is not instantaneous, and it can take you up to two full weeks to feel the effects.

It is strongly suggested that you rest from physical activity for at least 48 hours after the procedure and continue to be gentle to the affected area over the following weeks to give it time to heal.



## **Biopsies/Fine Needle Aspirations /Fluid Aspirations**

Our Radiologists also perform a range of diagnostic examinations using ultrasound guidance. These include the following;

### **Fluid Aspirations:**

This can be used to extract fluid from joints, bakers' cysts and hydroceles. The radiologist will inject the area with a local anesthetic before using a needle and syringe to drain or extract the fluid. In some cases, this fluid will be sent to pathology for a range of tests.

You will be able to receive these results from your referring doctor. After this procedure you may feel quite tender and it is OK to take analgesia as needed. You may also be supplied with an ice pack from the clinical staff to assist with any swelling or tenderness, the clinical staff will also discuss any restrictions that you may have post procedure. You will be advised at time of booking whether you will need someone to drive you home.

### **Fine Needle Aspiration Biopsy:**

A fine needle aspiration is used to take a sample of cells from an area such as an enlarged lymph node, breast lesion or thyroid lesion, so that they can be sent to pathology for testing. The clinical assistant will take you through a consent form prior to the radiologist attending to perform the procedure. They will numb the area with a local anesthetic before passing a fine needle through the area multiple times to gather some cells.

You will receive the pathology results from your referring doctor. After this procedure you may feel quite tender and it is OK to take analgesia as needed.

You may also be supplied with an ice pack from the clinical staff to assist with any swelling or tenderness, they will also advise you of any physical restrictions you may have after the procedure. You will be advised when booking your appointment whether you will need someone to drive you home.

### **Core Biopsy:**

A core biopsy is used to extract a core sample of tissue to send to pathology for testing. These can be performed on breast lesions, thyroid lesions, enlarged lymph nodes or other lumps and bumps that your referrer may find suspicious. The radiologist will inject a local anesthetic to numb the area in question and then by using ultrasound guidance (seldomly CT guidance), the radiologist can accurately target the area and use a core biopsy needle to extract a sample of tissue.

After this procedure you may feel quite tender and it is OK to take analgesia as needed. You may also be supplied with an ice pack from the clinical staff to assist with any swelling or tenderness, they will also advise you of any physical restrictions you may have after the procedure. You will be advised when booking your appointment whether you will need someone to drive you home.

After all ultrasound guided procedures, the radiologist will use a dressing on the area. The radiologist or clinical staff will advise when this can be removed and also explain what you need to do in the coming days to feel comfortable and to minimize any chances of infection. If you have any questions or queries, please feel free to call us and we will talk you through the procedure and aftercare prior to your visit.