



## IMPORTANT

**Please call us at 1-866-611-2665 if you need to reschedule.**

## BEFORE YOUR APPOINTMENT

- If you are on anticoagulation drugs (Plavix, Coumadin, Warfarin etc.) you may need to have an international normalized ratio (INR) test and stop your medication prior to the procedure. Please inform our booking coordinators of any blood thinners you may be taking, so that they can discuss further instructions with you.
- If you take insulin to manage your diabetes, please let your booking coordinator know. You may have some juice and a small snack after taking your insulin.
- In case you have any discomfort, please have someone accompany you on the day of your test. It may be more convenient to have someone else drive you home.

## DAY OF YOUR APPOINTMENT

- Please arrive 15 minutes before your appointment to allow enough time to fill out a consent form.
- Bring photo identification and your provincial health card.
- Take all prescribed medications as directed.
- Wear comfortable clothes.
- Please do not bring children who require supervision.

## YOUR EXAM

*DURATION: 15-20 minutes*

- Tenotomy or fasciotomy involves needle fenestration of a tendon, fascia, or other tissue, similar to acupuncture, which encourages your body to stimulate healing. A radiologist will use a small needle to gently treat the torn or inflamed area with the help of image-guided technology. This procedure is used to treat chronic tendon inflammation, local tendon tears, ligament tears, or fascia inflammation.

## WHAT HAPPENS DURING MY PROCEDURE?

- We may provide you with a comfortable clinic gown to change into (depending on the area being treated).
- A team member will review the consent form and procedure details, and answer any questions.
- We will then escort you to our treatment suite where you will meet the radiologist who will clean the skin and inject a local anesthetic, similar to the freezing you get at the dentist.

- You will be assessed post-procedure by our team and, if there are no concerns, you will be free to leave.

## POST-PROCEDURE INSTRUCTIONS

- First 24 hours: Keep the treatment area clean. Leave the Band-Aid on. Do not shower.
- First 48 hours: Avoid bathtubs, hot tubs, and pools. Avoid strenuous activity and lifting.
- After one week: You may resume physiotherapy. Be mindful of your pain and stop if it hurts too much. Notify your physiotherapist that you have had this procedure so they can modify your exercises if necessary.
- For tenotomy: Avoid any strenuous activity for five days post-injection. A gradual return to activity is advised depending on the underlying issue. Be mindful of your pain and stop if it hurts too much. Although the procedure is gentle, it may temporarily weaken the tendon and put it at risk of rupturing. If possible, please avoid anti-inflammatory medication for two weeks (such as ibuprofen - Advil). It may interfere with the effectiveness of your procedure.
- Watch for infection: If you develop worsening pain, skin redness at the site of injection, or a temperature greater than 38.5°C, please proceed to an urgent care or emergency centre.
- If you have pain beyond 48 hours after your procedure, this is a normal reaction. Pain is common for 3 to 7 days post-procedure. If you have any questions, please email us at [paintherapy@radiology.ca](mailto:paintherapy@radiology.ca). We have arranged a follow-up ultrasound in six months to assess your response to this treatment. At that time you will be asked about your level of activity, range of motion, and pain score to determine the effectiveness of the treatment and guide further management.

## WHEN WILL I SEE RESULTS?

- After your injection, the freezing may last for a few hours.
- For tenotomy: We will arrange a follow-up ultrasound in six months to evaluate how the tendon is healing. Pain may increase for a few days post-injection as the body mounts an inflammatory response, but this should subside.
- Results can vary from weeks to months depending on the body part involved, severity of the disease and your symptoms. Most patients get complete relief that is permanent while, rarely, others have limited response.