



So what is a Polidocanol Injection?

Polidocanol (aethoxysclerol 0.5%) is a medication typically used for the treatment of varicose veins. More recently, it has also been used in the treatment of tendon problems (tendinosis), as well as surrounding tendon inflammation, known as tenosynovitis. Though not well understood, in an attempt to heal the body of the tendinosis, new blood vessels and nerves grow into a diseased tendon, producing pain. Targeting these new blood vessels with Polidocanol often results in relief of symptoms.

An ultrasound following a patient's Polidocanol injection into a tendon usually demonstrates an improved appearance of the tendon as well as decreased blood flow. This correlates well with improvement of the patient's symptoms. Polidocanol injections are routinely used as a second line method of treating tendon pain at Exact Radiology Clinics.

What should I expect when I have my injection?

You will be asked to lie on an examination bed or sit in a chair with the area of clinical concern exposed. The risks and possible complications will be discussed with you prior to the procedure and with your acceptance we will proceed.

The area will be cleaned with a hospital grade antiseptic wash and using ultrasound equipment you will be scanned to locate the area of clinical interest. By locating this area under ultrasound guidance we can ensure that the medicine is delivered precisely to the correct location and therefore offer the best chance of a positive outcome.

A fine needle is then directed into the area of clinical interest. When gentle needle contact is made with the area of concern you may experience brief discomfort, this will pass once the local anaesthetic has had time to take effect, generally taking only a few seconds. Once the area is anaesthetised we will administer a mixture of local anaesthetic and Polidocanol.

Once the procedure is complete our Radiologist will discuss post-procedural care with you.

Are there any risks or side effects from my injection?

As with all medical procedures there are risks. Your doctor has sent you for this procedure knowing that the opportunity for relief of pain is more beneficial than the very low risk associated with it. The risks and possible complications will be discussed with you prior to the procedure.

What does Exact Radiology recommended for my post-procedural care?

Refrain from any significant activity involving the body part for one week. Necessary activities of daily living are permissible but do not engage in any deliberate exercise such as running, weight training or other sporting pursuits.

Some discomfort may occur following the procedure, Paracetamol and a cool compress may help. If the pain is severe, anti-inflammatory medications are particularly helpful. This pain flare is usually most prominent in the first three days following the procedure and slowly decreases. If you are concerned, please phone the Exact Radiology Clinic where the injection was performed.

Exact Radiology Clinics recommend that you discuss your post procedure rehabilitation options with your Health Care Professional eg. physiotherapy treatment program.



How do I prepare for my injection?

When you phone to arrange your appointment one of our friendly reception staff will advise you of the preparation and requirements for this procedure. We will also need to know if you are currently on blood thinners such as Warfarin and Aspirin.

Blood thinning medications that you are currently taking should be ceased prior to this procedure. This should be discussed with your Health Care Professional prior to making your appointment.

(Aspirin and Warfarin for 5 days, Plavix for 7 days and Iscover for 8 days). If you have had a heart valve replacement, it may be necessary to take antibiotics before the procedure. Please discuss this with your Cardiologist/Cardiac Surgeon and take antibiotics as directed.

Things to bring along to my appointment:

- Previous films for area of clinical interest.
- Medicare or Department of Veteran Affairs card (as we Bulk Bill all eligible Medicare services).
- Workcover details and claim number (if this is a Workcover claim).
- Referral (this is a legal requirement).

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