

## Treatment of calcium deposits in tendon of the shoulder in Lohja Hospital x-ray unit

In this procedure, a calcium deposit in your rotator cuff will be removed with a needle.

Please arrive **30 minutes before** your scheduled appointment. You will receive pain medication then.

Please reserve 2 hours for the entire visit. The procedure lasts for approximately 30 minutes. Patients who need urgent examinations may be examined before you.

Please see the arrival instructions for contact information if you have any questions about the procedure.

### **Before the procedure**

You do not need to prepare for the procedure.

### **During the procedure**

You will be sitting or lying down during the procedure.

A radiologist will use ultrasound to locate the calcium deposit in your shoulder. Then, they will numb the area and break the calcium deposit with a needle. The calcium will be then removed with a needle and a syringe.

You will wear an arm sling after the procedure.

Your condition will be monitored in the X-ray unit for a while after the procedure.

## **After the procedure**

- Do not strain your shoulder. For example, do not perform heavy labour or strenuous exercises.
- Keep the shoulder dry for a day.
- Wear the arm sling for 4 days.

Your shoulder may become swollen and ache. You can use a cold pack or cold gel at home to ease these symptoms.

## **Other things to note**

You will not be charged for the examination separately.

Cancel the appointment if you cannot come. If you do not cancel, you will be charged a fine.