

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

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

Please reserve 2 hours for your visit. The procedure takes 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 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 thin needle.

### **After the procedure**

- Do not strain your shoulder for 2 days. For example, do not do any hard work or heavy exercise.
- Keep the shoulder dry for a day.

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.

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Patient instruction