

## **This instruction is intended for our patients who are in a care relationship**

The Wellbeing Services County of South West Finland

Turku University Hospital

## **Ultrasound-guided shoulder joint, Barbotage procedure**

You are coming for an ultrasound-guided barbotage procedure of the shoulder joint area, where ultrasound is used to diagnose and treat calcium deposits on the tendons of the shoulder.

### **How to prepare for the procedure?**

You can take some anti-inflammatory medicine (e.g. Burana 600mg) about an hour before the procedure to ease the feeling of pressure in the shoulder joint area caused by the procedure.

### **How is the procedure done?**

Before the procedure, the shoulder area is checked with the ultrasound probe and the skin is cleaned and covered. The Radiologist guides the needle into place under local anaesthesia with the help of ultrasound. The calcium deposit is rinsed with a warm saline solution. Finally, cortisone is applied to the treated area. The procedure usually takes about 60 minutes.

### **What about after the procedure?**

- On the day of the procedure, the hand must not be raised above the horizontal level, and objects weighing more than 1kg must not be lifted.
- The patch should be kept dry for one day.
- The joint area may feel tender after the procedure. For pain control, you can use regular pain medication as needed.
- If the treated area starts to redden, becomes warm and you develop a fever, contact your health centre.
- It is not recommended to drive a car right after the procedure.
- After the procedure, you will be prescribed a maximum of 2 weeks of sick leave.

### **Where do you get the results and follow-up actions from the procedure?**

The referring unit is responsible for reporting the results and follow-up of the procedure.