

ARTHROSCOPIC EXCISION OF CALCIFIC TENDONITIS

What Can I Expect?

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What is Calcific Tendonitis?

Calcific tendonitis is a condition in which small calcium deposits form within the tendons of the rotator cuff. The rotator cuff is made up of four muscles and their tendons (Supraspinatus, Infraspinatus, Subscapularis & Teres Minor) that surround the shoulder joint. Calcium deposits usually form on the supraspinatus and can be a source of pain.

How do you remove (excise) the calcium deposits?

The calcium deposits will be removed by making small incisions around the shoulder and by use of an arthroscope (camera) to see all the structures of the joint. Special instruments allow Dr. Ko to remove the calcium from the tendon. Sometimes in order to excise the calcium, a small hole will be made in the rotator cuff. Dr. Ko will repair the hole if it needs to be made.

Length of Stay

This is an outpatient surgery and you should go home the same day of the surgery. You will need to have someone who can take you home.

Anesthesia

Patients usually have two types of anesthesia for this surgery. The first is general anesthesia, which means you are asleep and unaware during the surgery. The second type of anesthesia is a nerve block which numbs the operative arm. The nerve block will last about 12-18 hours and during this period you will not be able to control your arm and it will feel strange to you. The anesthesiologist will speak to you on the day of surgery. The ultimate choice of anesthesia technique is up to you and your anesthesiologist.

Incisions

You will have several small incisions around your shoulder. They will only be about 1 cm long and will each have 1-2 stitches.

Pain

All surgical procedures are associated with some discomfort and all patients perceive pain differently. In general, the pain associated with this procedure is well controlled with the pain medication that will be prescribed for you prior to discharge. After the nerve block wears off

you will have discomfort. Most of the pain is related to your very swollen shoulder. That swelling will resolve in 24-48 hours.

Sling

Your arm will be placed in a sling prior to leaving the operating room. If your rotator cuff needs to be stitched back together, you will need to remain in your sling 24 hours a day. This includes sleeping in your sling. For the four weeks that you are in your sling, **you are not permitted to drive.**

Dressings

You will go home with a gauze and tape dressing. After 2 days you may remove the dressings. There will be small black sutures (stitches) that will be taken out at your first post operative appointment 7-10 days after your surgery.

Physical Therapy

For the first couple months of recovery you will do very gentle stretching at home. The next three months you will continue to do your home exercises and also attend formal physical therapy.

Restrictions

Recovery from removing the calcium deposit is three months and there are no restrictions. If Dr. Ko has to repair the rotator cuff, recovery is five months. During that time you will have restrictions on the use of your operative arm.

If rotator cuff is repaired

First Month:	remain in sling, no use of arm, out of work, no driving
Months 1-2:	opposite hand work only
Months 2-3.5:	no lifting and carrying anything greater than 10 lbs and only occasional over shoulder reaching
Months 3.5-5:	no lifting and carrying anything greater than 20 lbs