

# Shoulder arthroscopy

Sometimes you may be referred for a shoulder arthroscopy to investigate and repair the cause of your shoulder pain. Also known as shoulder cartilage repair, an arthroscopy is a keyhole surgery that involves making very small incisions around your shoulder for a diagnostic procedure that is as minimally invasive as possible. A small, thin tube with a camera, known as an arthroscope, is used to examine the inside of your shoulder joint to identify what might be causing your pain.

## Expert advice to help you manage your recovery

A benefit of a shoulder arthroscopy is the faster healing time involved, compared to other forms of surgery. We want to help you back to your usual self and support a speedy recovery. You can ask your Consultant any questions you may have around the procedure, treatment and your recovery, to ensure you are well-informed and allow yourself time to heal properly. Our physiotherapy team will also work with you on a programme that is tailored to your needs, so you can focus on a safe and efficient recovery.

## Prices & payment

We offer a guide price of:

Shoulder arthroscopy  
£6,700

The guide price is based on the usual clinical needs of patients. For more information, please see our [terms and conditions](#).

## Personal medical loans

Payment to suit you with 0% and fixed rate interest options.

Following an appointment with your Consultant, you can apply for a loan to cover the cost of your treatment. With interest free finance at Representative 0% APR (fixed) along with longer term fixed rate loans, there is an option for everyone.

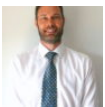
## Consultants



Mr Keith Borowsky



Mr Howard Cottam



Mr Daniel Neen



Mr David Rose



Professor Bijayendra Singh



Mr Ravi Singh



Mr Dimitri Yanni

## FAQs

### What does a shoulder arthroscopy procedure involve?

Your Consultant will discuss the procedure with you, so you know exactly what to expect.

During the procedure, your Consultant will examine the inside of your shoulder and wash out any loose material caused by wear of the joint surfaces. It is usually also possible for your Consultant to trim and repair a torn cartilage, or to remove any bone spurs and other problems without needing to make a larger cut.

## How long will I stay in hospital?

You should be able to go home the same day, although your Consultant will be able to discuss this with you prior to your procedure.

## How long does it take to recover, and will I be in pain following shoulder surgery?

You should expect your shoulder to be swollen and sore to begin with, but this should ease over time and your Consultant will explain about managing pain control following your procedure.

It is usually possible to return to light activities within a couple of weeks of your procedure, but this will be dependent on the extent of the operation. It can take up to six months before you can take part in sports again.

Recovery time will vary from patient to patient. Your Consultant will be able to discuss your recovery time with you during your follow-up appointment.

## When can I drive and go back to work?

As recovery time will vary from patient to patient, driving again or returning to work will also vary, depending on the progress you make. Usually, you should be able to start driving again a week to two weeks after your procedure.

Depending on your line of work, it's usually possible to return to work within a couple of weeks after your procedure, but this will be dependent on the extent of the operation and the progress you make during recovery.

Your Consultant will be able to discuss your predicted recovery time with you.