

# Shoulder arthroscopy surgery

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 conditions that might be causing your pain and repair any injuries.

## Expert advice to help you manage your recovery



A benefit of shoulder arthroscopy surgery is faster healing time, compared to other forms of surgery. We want to help you get 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. The Physiotherapy teams will also work with you on a programme that is tailored to your needs, so you can focus on a safe and efficient recovery.

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## Prices & payment

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Shoulder arthroscopy surgery  
from £8,061

The above are guide prices only.

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## Consultants



Mr Nik Bakti

KIMS Hospital+1 location

[View profile](#)



Mr Keith Borowsky

Available at  
KIMS Hospital

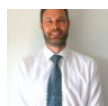
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Mr Howard Cottam

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Mr Daniel Neen

KIMS Hospital+2 locations

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Mr David Rose

Available at  
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Professor Bijayendra Singh

KIMS Hospital+1 location

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Mr Ravi Singh

KIMS Hospital+2 locations

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Mr Dimitri Yanni

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## FAQs

### What does shoulder arthroscopy surgery 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 shoulder 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.

### Where will my shoulder surgery take place?

Regardless of where you had your initial consultation or scans, all surgical procedures take place at KIMS Hospital in Maidstone. Most outpatient appointments, including follow up appointments with your Consultant Orthopaedic Surgeon, can take place at either KIMS Hospital or Sevenoaks Medical Centre.

### 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 surgery.

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 shoulder 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 arthroscopic shoulder surgery.

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.

## What is the cost of private shoulder arthroscopy surgery at KIMS Hospital?

A private shoulder arthroscopy surgery at KIMS Hospital starts from £8,061. You can use private medical insurance or pay for yourself. Flexible payment plans are available to spread the cost.