

# BARBOTAGE: TREATMENT OF CALCIUM DEPOSITS



The procedure takes 30 minutes and will be performed at our office. It will help if you can wear clothing that will allow you to easily expose the shoulder in question. You will be asked to strip to the waist and to change into a gown. Bras can be left on but with the strap on the affected side down.

After an initial ultrasound examination, the barbotage is usually performed when you are lying on your side. With a thin needle the whole injection area is first numbed. The calcific deposit is then approached with one or two needles and multiple punctures are performed. The procedure is highly precise and the needle is continuously watched on the ultrasound.

Care is taken to minimize injury to the tendon. Sometimes water pressure is used through the needle to break and suck the calcium deposits in the area. Following the barbotage, an injection of steroid and local anesthetic is administered. The injection site will be covered with a small dressing which can be removed after 24 hours.

Following the procedure you will be asked to rest in the office for 15 to 20 minutes, until you are comfortable. You will be asked not to drive following the procedure and therefore you may wish to bring a friend or a relative with you or alternatively use public transit.

Although for the first few hours after the barbotage the shoulder will feel numb due to anesthetics, it is advisable to continue your painkiller medications for the first few days alongside the exercises. This is because the steroid will generally take 3 to 7 days to work. The shoulder may look or feel bruised for a few days. There are no specific restrictions after the procedure and once the discomfort from the procedure eases, usually 2 to 5 days, you could commence shoulder exercises.

The steroid injection is a very safe drug with approval for use in joints. It can be used safely with other conditions with no significant drug interactions. The injection is precisely injected and stays in the region of the inflammation and pain.