



# Shoulder Arthroscopy

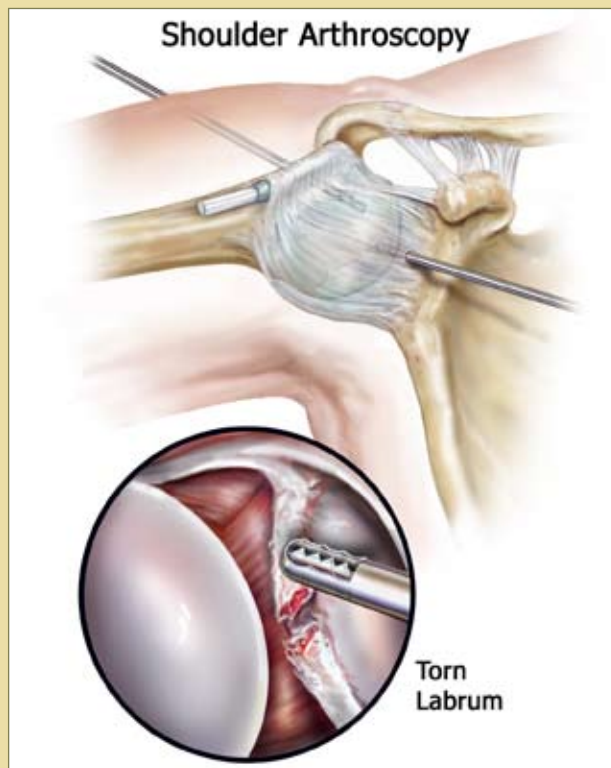
## What is arthroscopy?

Arthroscopy is a surgical procedure that allows your Orthopedic Surgeon access to the inside of your joint through several tiny incisions. Your doctor can confirm your diagnosis and repair any injured tissue by using a camera and tools inserted into the joint space.

## How is it performed?

Three, and sometimes more, small incisions are made through which the instruments are passed. The first tool is a small fiber optic camera that lets your physician visualize the injury and confirm your diagnosis. The second tool is inserted opposite the camera and allows the physician to perform

the surgery. This can be a shaver, trimmer or any other device necessary to repair your shoulder. The third tool uses sterile fluid to irrigate the joint and if necessary expand it.



## What can I expect before surgery?

When you are ready to schedule your arthroscopy you will need to talk with your physician's patient coordinator to schedule an appropriate time. They will provide you with the necessary paper work, talk to you

about a pre-operative physical and help you with any questions you may have. A pre-operative physical performed by your primary care provider is required in the thirty days before surgery. It is your responsibility to make and keep that appointment. If you do not have this done prior to surgery, your surgery will have to be cancelled and rescheduled.

## CLINIC LOCATIONS

Columbia Heights  
Eagan  
Forest Lake  
Downtown St. Paul - Gallery  
Downtown St. Paul - Ritchie  
Hastings  
Maplewood  
Vadnais Heights  
Woodbury - Allina  
Woodwinds Health Campus

## CONTACT INFORMATION

Main Line  
(651) 842-5200

Appointment Line  
(651) 842-5201

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