



## WHAT IS CALCIUM FRAGMENTATION AND HOW CAN IT HELP ME?

Calcium Fragmentation is a procedure quite often used for people suffering calcific tendinitis. A fine needle is used to break the calcium build up into small fragments. This can help the body get rid of the calcium, ultimately leading to reduced pain and improved movement.

### What should I expect when I have my injection?

The risks and possible complications of this procedure will be discussed with you prior to the procedure and with your acceptance we will proceed with the injection

You will be asked to lie on an examination bed or sit in a chair with the area of clinical concern exposed. The area will be washed down with a hospital grade antiseptic wash and scanned using ultrasound to ensure precision in locating the area of clinical interest to be fragmented/aspirated.

A fine needle will be inserted, to either break up the calcification into smaller fragments or be sucked out through the needle (aspirated). A local anaesthetic will be administered and finally some cortisone will be injected to assist in reducing the inflammation caused by the calcium.

### Are there any risks or side effects?

As with all medical procedures there are risks. A skin infection or infection of the deep soft tissues is a low risk. No recorded tendon ruptures have been

documented in the scientific literature nor has this been our experience to date. Patients have reported a flaring up of pain in the first week following the procedure, this is normal and in most cases is controlled with some paracetamol or an anti-inflammatory medication. Please see your doctor if pain persists.

### How should I prepare for my procedure?

When you phone to arrange your appointment one of our friendly reception staff will advise you if there is any special preparation or requirements.

Please also advise when making your booking if you are currently on blood thinners such as Warfarin or Aspirin.

### Things to bring along to my appointment:

- Previous films for area of clinical interest.
- Medicare or Department of Veteran Affairs card
- Referral (this is a legal requirement)
- Workcover claim number if you have a current claim or advise our reception staff if you intend to lodge a claim with Workcover.

### Fees

Exact Radiology Clinics bulk bill most Medicare eligible services, however some examinations may incur a fee.

When you make your appointment, the booking staff will advise if a fee is applicable and payment will be requested on the day of your examination.

### Exact Radiology Clinics this service is available:

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