



FAQs

How can I schedule an appointment?

Click [here](#) to book with our admin team

Where can I meet Mr Chamber?

We have clinics in the Bath area and Newport in South wales.

What should I bring to my appointment?

Yourself along with any scans, copies of previous treatment letters, correspondence and anything else pertinent to your symptoms.

Can I get a sick note after the operation?

The staff on the ward have prepopulated sick notes that they can give out as part of the discharge package - for up to 6 weeks. Further notes have to be obtained from their GP.

Will I be issued a sick note on the date of surgery?

Yes - but please ask nurses if they have not by time you are discharged.

How long does a steroid injection last?

Depends upon the reason for its use but can be several weeks/months and may help resolve the condition completely.

Can I use a physiotherapist of my choosing?

Yes of course. You can see the physio protocols [here](#).

and the recommended physios [here](#)

How long will I be in a sling?

This varies depending on procedures but on average 2-3 weeks.

Therapeutic procedures - 7-10 days, Reconstructive (Rotator cuff repairs etc) - 3 weeks, Shoulder Replacements - 3-4 weeks.

How long until I can drive?

Insurance is invalidated if you're driving with a sling on. So it is about a week after you come out of the sling and you feel comfortable and safe.

How long before I can fly short haul/long haul?

The risk here is about blood clots developing. General advice is 6 weeks for a long haul flight and less (2-3 weeks) for short haul but also depends on the duration of the anaesthesia needed for the operation and any other risk factors (ie smoking) you may have.

How long before I can go back to work?

This depends on the level of activity. Desk bound from home may be as soon as a few days to manual heavy work needing 3 months for recovery and return to work.

How long does a steroid injection last?

This depends on how it is being used. Most last for several weeks or months and if the condition can recover in this time the symptoms may never return.

When can I play sport again?

This will depend on the injury and surgical solution but the physiotherapist will guide you on timings.

What about post-op pain relief?

The Anaesthetist will prescribe strong painkillers to take home after the procedure. The shoulder will be sore but hopefully simple OTC medication will be effective after a few weeks.