

# Orthopaedic Surgery

## Hip and knee replacements, arthroscopic procedures and similar

The high quality of orthopaedic treatment in Estonia is ensured by highly experienced specialists who have practised abroad, and by the rapid adoption of new methods. Estonia's trademark in orthopaedic surgery is reconstructive orthopaedia.

### ➤ A wide range of experience

Treatment teams in Estonia contain a surgeon specialising in orthopaedics and traumatology, an anaesthesiologist, a radiologist, nurses, rehabilitation specialists, and other specialists if necessary. All the most modern methods of diagnosis, treatment and rehabilitation for orthopaedic illnesses are used along with prostheses and implants made by leading US and Swiss manufacturers. Sport medicine is highly developed, so orthopaedic specialists have a lot of experience of treating sporting injuries and joint injuries of the type that can pose a major threat to elite athletes or to any other active person.

### ➤ Possible second opinions

Before any major joint operation goes ahead, the very experienced Estonian doctors can be asked for a second opinion. Our orthopaedic doctors can also help in cases where an initial operation in another country has not proven as successful as was hoped.

### ➤ A patient-centred environment

Orthopaedic operations can be carried out in several different centres around Estonia, and all the operation centres have hi-tech operating theatres equipped to provide level 3 critical care, intensive care departments, recovery rooms and visiting wards. Foreign patients from Finland, Sweden, Germany, the USA and Canada come to Estonia for orthopaedic care.

### THE CHOICE OF SERVICES:

- Arthroscopy for knee, shoulder, hip, arm or leg
- Arthritis treatment
- Bunion surgery
- Treatments for spinal diseases
- Treatment for meniscus and tendon injuries
- Intra-articular injection of growth hormone
- Endoprosthesis of knee, hip and small joints (hands and feet)
- Minimally invasive hand and foot surgery
- Meniscus implants
- Plasma treatment (autologous conditioned plasma, or ACP)
- Hyaluronic acid treatment

Sample prices\*:  
Arthroscopic procedures: 800-1500 €  
Hip replacement: 3700-5000 €  
Knee replacement: 3800-5500 €

\*Prices are given as a guideline only. The actual price will depend on the choice of services and may vary between service providers.

FOR MORE DETAILED INFORMATION, PLEASE CONTACT THE SERVICE PROVIDER DIRECTLY:



The North Estonia Medical Centre

[www.regionaalhaigla.ee](http://www.regionaalhaigla.ee)

Tallinn Children's Hospital

[www.lastehaigla.ee](http://www.lastehaigla.ee)

East-Tallinn Central Hospital

[www.itk.ee](http://www.itk.ee)

The Hospital of Orthopaedics

[www.ortopeediaarstid.ee](http://www.ortopeediaarstid.ee)

Almeda Clinic (minimally invasive surgery)

[www.smartlipo.ee](http://www.smartlipo.ee)

