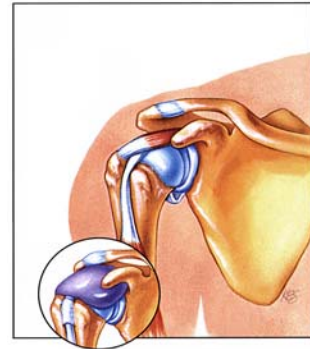


SHOULDER ARTHROSCOPY

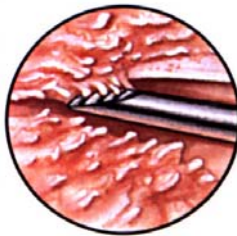


Shoulder arthroscopy is an operation that involves inserting a small camera into your shoulder. The camera sends an image of the inside of your shoulder to a screen. Instruments are inserted into the shoulder through other incisions around the shoulder.

Impingement syndrome can be caused by a single traumatic episode or by repetitive use of the arm such as with swimming, tennis or activities that involve prolonged or repetitive overhead lifting. The surgery for impingement is called subacromial decompression (SAD). The protruding undersurface of the acromion is removed so as to increase the space for the underlying rotator cuff tendon. If a complete tear of the rotator cuff tendon is found, then it is best repaired at that time.



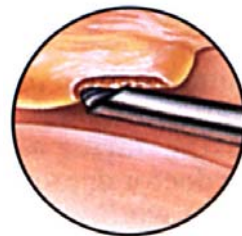
Inflamed bursa



Removing inflamed bursa

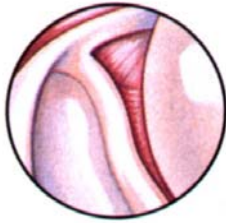


Protruding acromion (bone spur)



Removing acromial spur

Labral Tears



Labral tear



Removal of
torn labrum



Repair of
torn labrum

A torn labrum can cause the shoulder to painfully “pop” or “catch”. The tear is treated by either removal (if small) or repair, whereby the labrum is reattached to the bone.

Arthritis

Arthritis is a degeneration and roughening of the joint. The cartilage wears away causing the underlying bones to rub on each other. This causes pain, stiffness and grating of the joint. An arthroscopic “clean-up” of the joint surfaces can give at least temporary pain relief.



Normal joint lining
surfaces



Roughened joint
surfaces



The arthroscope is used
to smooth out and “tidy
up” the roughened joint
surfaces

SHOULDER ARTHROSCOPY

1. You will only need to remain in hospital for the day.
2. Stop taking any anti-inflammatory tablets 7 days before your operation.
3. If you smoke, now is a good time to stop. This will reduce the risk of surgical complications.
4. Do not eat or drink anything, including water, for 6 hours before surgery.
5. Arrange for someone to drive you home after your operation.
6. Make an appointment to see me 7-14 days after your surgery.
7. You will receive written instructions on how to look after your operated shoulder when you leave hospital.
8. You should be able to return to light and clerical work duties after one week. If your work is physically demanding it may be anywhere from 2-6 weeks before you will be able to get back to that work. This will depend on what procedure you require and how you respond post-operatively.
9. You will be advised in hospital whether you require physiotherapy immediately following your surgery.
10. You may drive once your pain settles and your arm is out of a sling.

RISKS AND COMPLICATIONS

As with any operation, shoulder arthroscopy has risks. These can include swelling and stiffness, bleeding, blood clots, infection, nerve injury or continuing shoulder problems.

Arthroscopic shoulder surgery is successful in 80%-90% of cases.