

Focus on keyhole minimally invasive surgery

What is shoulder arthroscopy?

If you have joint issues, orthopaedic surgeons can perform an arthroscopy to inspect, diagnose and repair the problems. Surgery is performed by inserting a small camera called an arthroscope through a small incision in the skin.

Once the camera has been inserted and the affected area has been inspected, the surgeon can insert other instruments to repair the damaged ligaments, tendon or cartilage.

Do I need a shoulder arthroscopy?

Many shoulder injuries can be treated with nonsurgical treatments. When your condition does not respond to non-surgical options such as rest, physical therapy or medications, surgery may be required.

Problems such as rotator cuff tendon tears, ligament, cartilage and soft tissues surrounding the joints can be relieved by shoulder arthroscopy.

Common arthroscopic procedures include:

- Rotator cuff repair
- Surgery for impingement syndrome
- Surgery for shoulder instability
- Removal of inflamed tissue or loose cartilage
- Repair of ligaments
- Repair for recurrent shoulder dislocation
- Bursectomy
- Bicep tendon procedures
- "SLAP" repair (Superior Labrum Anterior and Posterior)



What happens during the procedure?

The day before the procedure:

- Avoid exercise
- Do not eat or drink 8 hours prior to your surgery (fast)
- Dr Dan's office team and anaesthetist will advise you when to fast from and what time to present to the hospital (St. Andrew's Hospital or Calvary Central Districts)
- They will advise you which medications to cease prior to surgery, usually blood thinners are ceased 5 days prior

During the procedure:

- Surgery is performed as an overnight stay
- A general anaesthetic is administered. A nerve block is preferred for good pain relief. After your anaesthetic is administered the anaesthetist performs an injection using ultrasound guidance to numb the nerves in your arm. This provides 12 hours of pain relief and the feeling and movement returns afterwards
- Dr. Dan will review you in hospital post procedure

The day after the surgery:

- The hospital physio will review you and explain how to use the sling and what early physio can be performed.
- The nursing staff will check your dressings. These are waterproof and can stay on until the 1st post surgery visit to see Dr. Dan.
- Nursing staff will advise and give you pain medications you should take for pain relief when you leave the hospital.
- Dr. Dan or the nursing staff will give you the Focus pack before leaving hospital, this contains:
 - operation record
 - medical and or work cover certificates
 - physiotherapy protocol
 - other information you may require

At home post surgery:

- Generally you should rest
- Generally no driving for 4-6 weeks
- The sling should remain on and you can practice the exercises the physio has given you.
- The sling can be removed for showering, allow water to wash over the surgical dressings and pat dry after. During showering, allow your arm to hang by your side.
- Dr. Dan's team will call you on the 2nd day post surgery to check on your progress, please let them know of any questions or concerns.

First post surgery visit:

- Dr. Dan will discuss the surgery findings
- Check the surgical portal sites and remove 2-3 simple stitches
- Ensure you are directed to a therapist for the rehab exercises and guidance
- Medical/work and carer certificates are updated
- Generally, most patients are on simple pain relief at this stage - Panadol, or neurofen, occasionally stronger pain relief required for night time

If you have any concerns at any point, don't hesitate to contact us.

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