

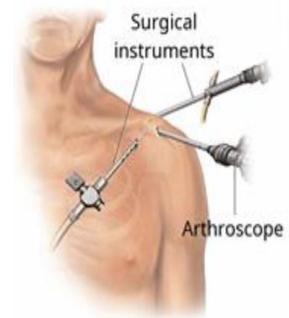
Surgical Patient Education

Shoulder Arthroscopy

What is an Shoulder Arthroscopy?

A Shoulder Arthroscopy is a surgery to look at the inside of the shoulder and repair any damage.

The surgeon uses a small tube with a light that is placed through small incisions. The surgeon uses different tools within these tubes to repair damage.



What are the Risks?

- **Infection** - There is always a risk of infection when you make surgical cuts to the skin, this is minimal with a shoulder arthroscopy.
- **Bleeding** - There is a risk of bleeding as with all surgical incisions/procedures. It does not happen often with shoulder scopes, but bruising and swelling are normal, even bruising down the arm and chest can be normal.
- **Damage to blood vessels or nerves** - The shoulder has many blood vessels and nerves the surgeon works around that can get damaged, but this is rare.

What happens during the procedure?

- You will be taken to a pre-procedure area and you will receive a block to numb your arm and medication to relax you.
- You will then be taken to the operating room and placed on monitors. Then you will be watched closely and put to sleep.
- After you are asleep and your arm is numb, the surgeon will make an incisions to your shoulder and perform the arthroscopy.
- Your skin will then be sutured closed and a bandage will be placed over the shoulder.
- You will then be placed in a large sling that will keep your arm from moving when you go home. This must be worn at all times until you follow up with your surgeon.

Before Surgery

- You may be asked to stop certain medications such as aspirin or ibuprofen, be sure the check with your surgeon's office and anesthesia to see what medications to stop.
- You will be asked not to eat or drink the night before surgery, it is important that you follow these instructions.
- You will be asked to shower the night before or morning of surgery.
- You will need to arrange help at home in preparation for surgery. You will have minimal use of your arm for an extended period of time and will not be allowed to drive until your doctor says it's okay.

After Surgery

- You will have a bulky dressing to your shoulder and a sling on to keep your shoulder immobile.
- Your arm may be numb for up to 24 hours or so, you often cannot move or feel your arm in this time period so it is important to protect it from injury.
- You typically cannot shower for 3-5 days. You will need to prepare for bed baths.
- You may be given a prescription for medication for pain, sometimes the can also be over the counter. It can be important to take the medicine as prescribed and alternate the medicine to get maximum pain control.
- You need to start your pain meds before your block wears off, usually that night before you go to bed.

Recovery After an Shoulder Arthroscopy

How long will I be out of work?

- Prepare to be off work or on light duty for a possibility of up to **3 months**.
- The recovery may be shorter or longer and you can sometimes go back to work sooner depending on your job and activities performed at your job.
- You will not be able lift more than 5 pounds, reach for anything overhead, or do any repetitive motion for a set period of time until your surgeon tells you to resume those activities.
- You will often begin physical therapy afterward. This will be ordered by your surgeon and they will instruct you to specific exercises to strengthen and recover your shoulder.