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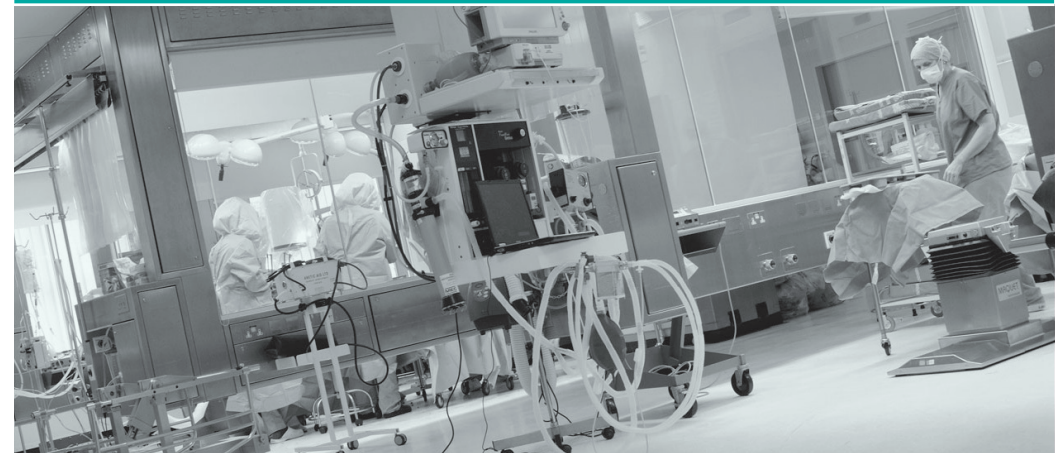
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design by Medical Illustration

## Information for patients Elective shoulder arthroscopy as day surgery



## Surgery



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## Introduction

Shoulder arthroscopy is used to diagnose and treat shoulder pain. It is a type of key hole surgery, which involves using a small camera to look inside your shoulder joint. It is performed through small cuts in your skin that will be closed with stitches or adhesive strips. The operation often takes less than an hour, but this depends on how much work your surgeon needs to do.

The operation is usually performed as a day case.

## Discharge Information

### Pain and Nerve Blocks

You may have received an injection near one of your nerves that run into your arm with the purpose of providing pain relief after your operation. When the block is active your arm will feel heavy and numb and therefore you will not be able to feel hot, cold and sharp objects.

### Precautions you should take are:

- Do not drive while your arm is numb.
- Do not use the numb arm while handling hot, cold or sharp devices like hot water bottles, ice trays or knives.
- Be vigilant when in the proximity of radiators and heating devices, you may not be able to feel temperature very well until the block has worn off.
- Take care not to bump or knock your arm, whilst the block is effective.
- It is a common side effect to have a red droopy eye on the side of the operation and a hoarse voice. These side effects should wear off after 24 hours.

The nerve block will wear off after 24 hours, and you will start to get feeling and perhaps discomfort in your operated shoulder. Therefore, it is a good idea to start taking your pain relief before the block fully wears off.

### Please take your pain killers regularly

Using ice packs or a bag of frozen peas over the shoulder may also help to reduce pain and stiffness once you are at home. These must be wrapped in a clean, washed towel. Don't apply ice directly to bare skin and this can cause ice burns and do not apply ice to the skin until the block in your arm has resolved.

## Slings and Physiotherapy

You will return from theatre with your arm in a sling, and you will be required to wear this at all times until the nerve block has worn off.

If appropriate, your physiotherapist will give you more information about how to move your shoulder after surgery, including specifically chosen to suit your post operative recovery needs. Doing these regularly will help your shoulder to heal and help you in the recovery process.

Your physiotherapist will arrange a referral for ongoing physiotherapy care near to where you live.

Please ensure that the ward team have a correct contact number prior to leaving.

## Follow up

You will be given a clinic appointment two to six weeks after your operation. You may get this prior to discharge or in a letter sent to your home address within the following two weeks. It usually takes several weeks to recover from shoulder arthroscopy, and most people get their movement back within a few months.

## Further information

If you have any concerns or queries about your surgery please contact the upper limb telephone helpline on **01691 404497**.

*This advice leaflet has been prepared for your information and is intended to contain current information on the subject from recognised authorities. However its text should not be construed as excluding other acceptable viewpoints. If you have any questions about the surgery you should consult your orthopaedic surgeon who is looking after you, as they are fully aware of your condition and the various modes of treatment available for you.*

### websites:

[www.patient.co.uk](http://www.patient.co.uk)

[www.shoulderdoc.co.uk/patient-info](http://www.shoulderdoc.co.uk/patient-info)