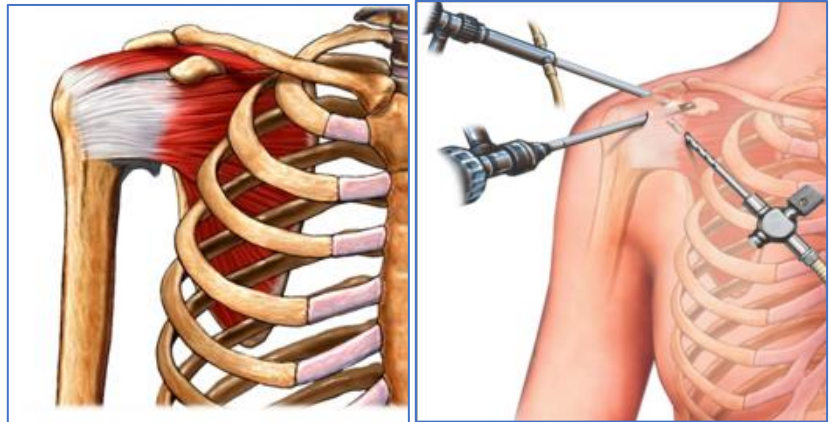


Explanation of Procedure and/or Diagnosis

What is Arthroscopy?

Shoulder arthroscopy is a sterile procedure that allows direct visualization of the shoulder joint to diagnose and treat a variety of shoulder conditions. Specifically, shoulder arthroscopy is utilized to correct (repair) lesions or tears of the cartilage, ligaments and tendons of the shoulder joint.



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In this procedure through several small incisions that are strategically placed around the shoulder, a fiber optic camera (which is about the size of a number 2 pencil), is inserted into the shoulder joint. The shoulder is then distended with fluid, which allows us to see inside the shoulder on a few TV monitors.

Through the other incisions, small instruments such as probes, shavers, etc., are inserted in order to perform various repairs, and shave any bone spurs as necessary.

Treatment or Management Options

Why is Arthroscopy Necessary?

Diagnosing joint injuries and disease begins with a thorough medical history, physical examination and usually x-rays. Additional tests such as an MRI or CT scan also may be needed. Although radiographic studies help establish a diagnosis, shoulder arthroscopy enables the most accurate diagnosis to be made and various problems to be addressed.

What are the Advantages?

Most patients have their arthroscopic surgery performed as an outpatient procedure and are home several hours after surgery. For many people, shoulder arthroscopy provides an excellent alternative to open shoulder surgery. In comparison to open shoulder surgery, shoulder arthroscopy may provide:

- Smaller incisions
- Shorter recovery time
- Less pain
- Less need for pain medications after surgery
- Less damage to soft tissue at the incision site
- Fewer complications
- Greater improvement in strength and range of motion of the shoulder after surgery

What to expect at surgery

These procedures are usually performed as same day surgeries. A regional anesthetic is used to help decrease the pain for the first 8 to 10 hours after the surgery. A nerve block is placed at the base of the neck, which paralyzes and numbs most of the arm so that there is less pain. In most cases a general anesthetic is also used. When the block wears off, there will be more pain that can last up to 72 hours after the surgery.

Care After Surgery

A sling is used initially to help protect the shoulder after surgery. The specific procedure that was performed will determine what you can do with the arm after surgery. In general, the use of the arm is limited after the surgery. Elbow range of motion without the sling is allowed once the block has worn off. When repairs are performed, no active reaching or lifting with the arm is allowed for about 6 weeks after surgery. Your surgeon will provide the details based upon your individual case.

Physical therapy is started within the first two weeks after surgery based upon your surgeon's recommendation. Maximum improvement in pain relief and function may take up to one year or more for certain cases.

Wound Care

Please remove the surgical dressing on the second day after surgery. You may see either skin sutures or steri-strips used to close the arthroscopy incisions. Keep these sutures and incisions clean and dry.

Be sure to watch for signs and symptoms of infection after surgery, which includes:

- Redness
- Increased swelling
- Warmth
- Wound drainage
- Fever greater than 101.5 degrees

If you notice any of these signs and symptoms, please notify your surgeon.

Medications

Take as prescribed. Narcotic pain medications such as hydrocodone or oxycodone are used for severe pain. They can be taken up to every four hours as necessary. Most patients only require narcotics for the first week. Once pain is better controlled, you may simply take one to two tablets of extra-strength Tylenol every six hours. Take these medications with food. If you have any problems taking the medications, please stop them immediately and notify the clinic.

Possible Complications and Instructions

The risk of complications after shoulder arthroscopy is low. However, as with any invasive procedure there is some risk that the following conditions may arise:

- Bleeding
- Infection
- Nerve and blood vessel injuries
- A build-up of fluid in the shoulder joint
- Cartilage damage
- A tear in joint tissues
- Loss of limb or function
- Anesthetic complications, including death

Questions

The CORE Institute is dedicated to your outcome. If any questions or concerns arise, please call The CORE Institute at 1.866.974.2673.