

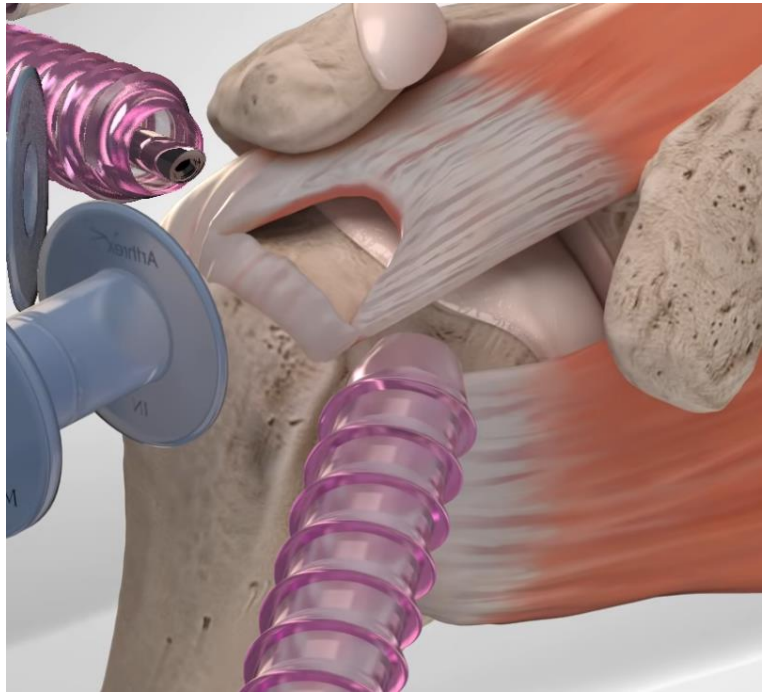


## Arthroscopic Rotator Cuff Repair

This handout is provided to you by Dr. Chen Tu and the team at Wakefield Orthopaedic Clinic. We are dedicated to delivering exceptional care and support throughout your journey to recovery from a rotator cuff injury.

### Understanding Rotator Cuff Injuries

The rotator cuff is a group of muscles and tendons that surround the shoulder joint, keeping the head of your upper arm bone firmly within the shallow socket of the shoulder. Injuries can range from mild inflammation to complete tears, leading to pain and decreased mobility.

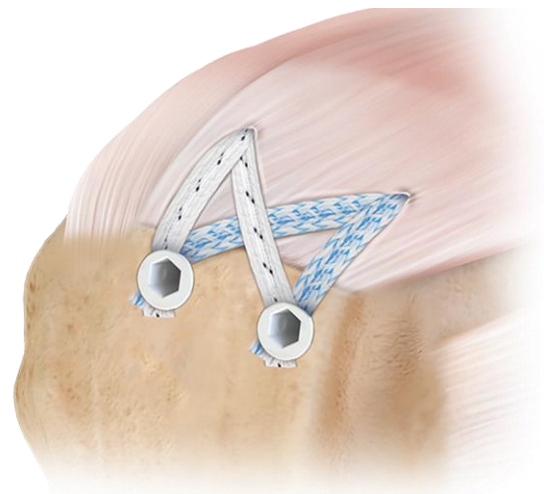


### About Arthroscopic Rotator Cuff Repair

Arthroscopic Rotator Cuff Repair is a minimally invasive surgical technique used to repair torn tendons in the shoulder's rotator cuff. This procedure involves making small incisions to insert a camera (arthroscope) and instruments to stitch the torn tendon back to the bone.

### Benefits of Arthroscopic Surgery

- **Less Invasive:** Smaller incisions mean less tissue damage and less post-operative pain.
- **Quicker Recovery Time:** Patients often recover faster than with traditional open surgery.
- **Reduced Risk of Complications:** Minimally invasive nature reduces the risk of infection and complications.





## The Day of Surgery

**Anaesthesia:** You will receive a combination of local and general anaesthesia to ensure you are comfortable and pain-free during the procedure. The local anaesthesia may cause numbness in the shoulder and arm for 6 to 18 hours after surgery.

**Procedure Details:** Small incisions will be made around your shoulder to insert the arthroscope and small surgical instruments. Dr. Chen Tu will then carefully repair the torn tendons of the rotator cuff by reattaching them to the bone.

**Closure:** The incisions are closed with Steri Strips or small absorbable stitches and covered with water resistant dressings. You will be provided with a sling to immobilise and protect your shoulder.

**Recovery and Discharge:** You will be given post-operative care instructions, pain management advice, and a follow-up appointment before being discharged to go home. Inpatient physiotherapy is provided before discharge.

## Postoperative Care

- **Hospital Stay:** The surgery is typically performed as an overnight stay.
- **Initial Recovery:** Instructions will be provided for care at home, including pain management and when to start gentle movements.
- **Follow-Up Appointments:** Dr. Chen Tu will schedule follow-ups to monitor your healing and remove any necessary dressings.
- **Rehabilitation:** *Physiotherapy is an essential part of recovery*, focusing on restoring shoulder strength and flexibility.

## Risks and Potential Complications

As with any surgery, risks include infection, nerve damage, and complications related to anaesthesia. Dr. Chen Tu will discuss these risks with you in detail.

## Contact Information

- **Telephone:** +61 8 8236 4168
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## Conclusion

At Wakefield Orthopaedic Clinic, Dr. Chen Tu and our team are committed to supporting you through your recovery from a rotator cuff injury. Arthroscopic Rotator Cuff Repair offers a less invasive option with the benefits of quicker recovery and reduced discomfort.

Should you have any questions or concerns, please do not hesitate to contact us.