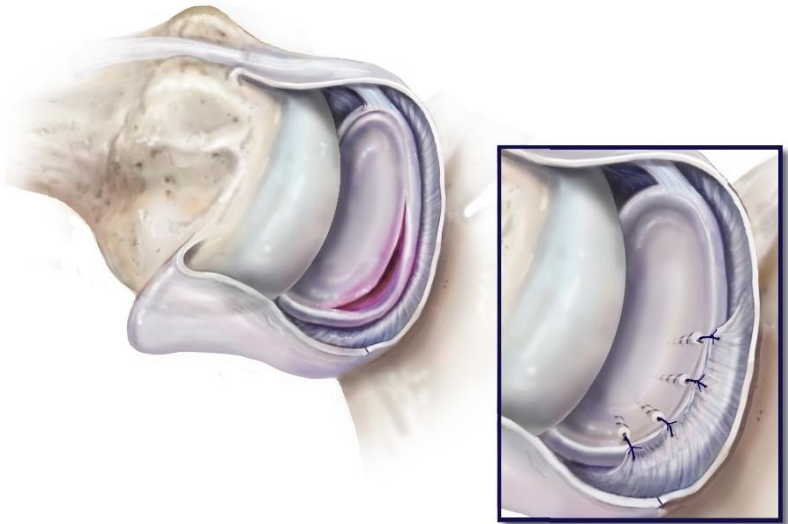




Arthroscopic Shoulder Stabilisation

This handout is provided to you by Dr. Chen Tu and the team at Wakefield Orthopaedic Clinic. Our commitment is to offer comprehensive care and ensure you are well-informed about your Arthroscopic Shoulder Stabilisation surgery.



Understanding Shoulder Instability

Shoulder instability refers to a condition where the shoulder joint becomes excessively loose, resulting in excessive movement within the socket. This condition can lead to dislocations, pain, and a decrease in the shoulder's functionality. Arthroscopic Shoulder Stabilisation is a surgical procedure designed to address this issue by tightening the loose ligaments and the labrum—a ring of cartilage encircling the shoulder joint socket.

About Arthroscopic Shoulder Stabilisation

Arthroscopic Shoulder Stabilisation is a minimally invasive surgical technique employed to repair damaged or loose ligaments and the labrum in order to prevent recurrent dislocations and enhance shoulder stability. This procedure entails making small incisions through which a camera (arthroscope) and surgical instruments are inserted, allowing the surgeon to work inside the joint without the need for large incisions.

Benefits of Arthroscopic Surgery

- **Minimally Invasive:** The use of small incisions leads to reduced pain and scarring.
- **Precision:** Enhanced visualization allows for precise correction of the instability.
- **Faster Recovery:** Patients typically experience a quicker recovery period compared to open surgery.
- **Reduced Risk of Complications:** Minimally invasive nature lowers 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:** Through small incisions, the arthroscope and surgical instruments are inserted to tighten the loose ligaments and repair the labrum.
- **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, there are potential risks, including infection, nerve damage, stiffness, and complications related to anaesthesia. These risks will be thoroughly discussed by Dr. Chen Tu.

Contact Information

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Conclusion

At Wakefield Orthopaedic Clinic, Dr. Chen Tu and our team are dedicated to supporting you through your Arthroscopic Shoulder Stabilisation procedure. Our goal is to provide the care needed for a successful recovery and return to activity.

For any questions or concerns, please do not hesitate to reach out to us.