

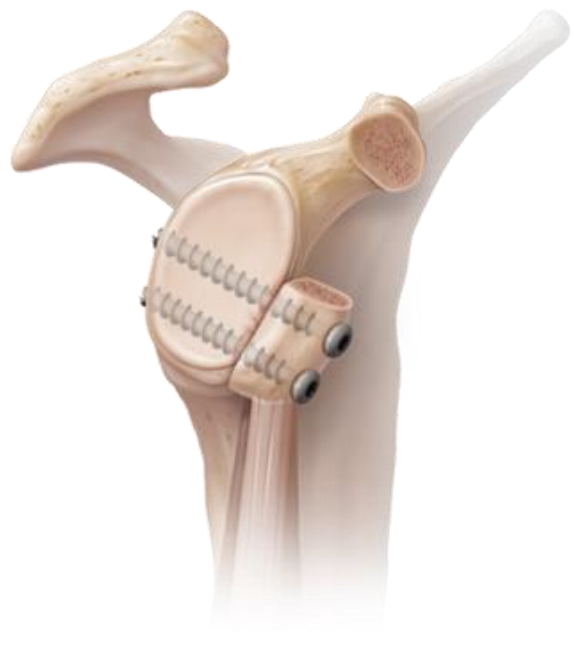


Latarjet Procedure

This handout is provided to you by Dr. Chen Tu and the team at Wakefield Orthopaedic Clinic. Our commitment is to ensure you receive comprehensive care and are fully informed about your Latarjet Procedure.

Understanding the Latarjet Procedure

The Latarjet Procedure is a surgical intervention designed to address shoulder instability, particularly in cases where there is significant bone loss from the glenoid (the socket part of the shoulder joint) or previous stabilization surgeries have failed. This procedure involves transferring a small piece of bone from the coracoid process (a protrusion on the scapula) to the front of the glenoid. This bone graft, along with the attached tendons, helps stabilize the shoulder and prevent dislocation.



Benefits of the Latarjet Procedure

- **Improved Stability:** Significantly reduces the risk of recurrent shoulder dislocations.
- **Pain Relief:** Helps alleviate pain associated with shoulder instability.
- **Restored Function:** Aims to restore shoulder strength and range of motion, allowing patients to return to their normal activities.



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:** Dr. Chen Tu will transfer the coracoid bone to the glenoid, securing it with screws, which helps to reinforce the shoulder joint and prevent dislocation.
- **Closure:** The incision is closed with 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, check x-rays and remove any necessary dressings.
- **Rehabilitation:** *Physiotherapy is an essential part of recovery*, focusing on restoring shoulder strength and flexibility.

Risks and Potential Complications

Like all surgical procedures, the Latarjet Procedure carries risks, including infection, nerve damage, complications from anaesthesia, and issues with the bone graft or screws. Dr. Chen Tu will discuss these risks with you in detail.

Contact Information

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Conclusion

Dr. Chen Tu and the team at Wakefield Orthopaedic Clinic are here to support you through every stage of your Latarjet Procedure, from preoperative preparation to postoperative recovery and rehabilitation. Our goal is to ensure you achieve the best possible outcomes for your shoulder stability and health.

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