

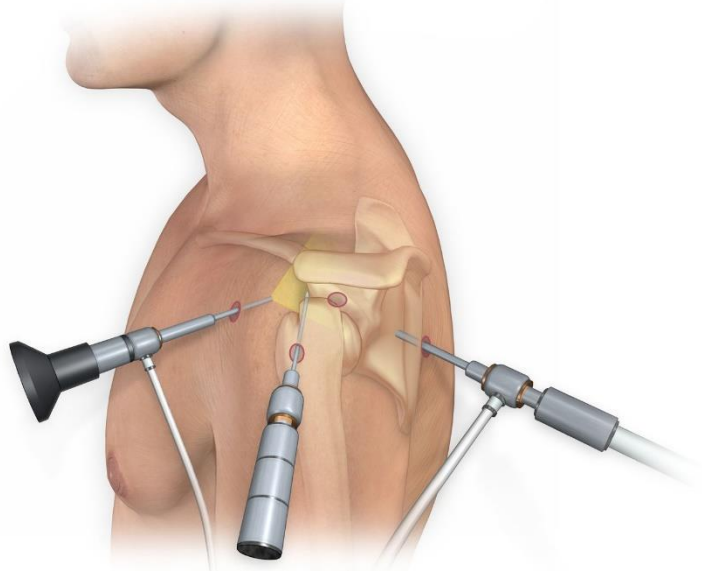


## Shoulder Arthroscopy

This handout is provided to you by Dr. Chen Tu and the team at Wakefield Orthopaedic Clinic. Our aim is to deliver comprehensive care and ensure you are fully informed about your Shoulder Arthroscopy procedure.

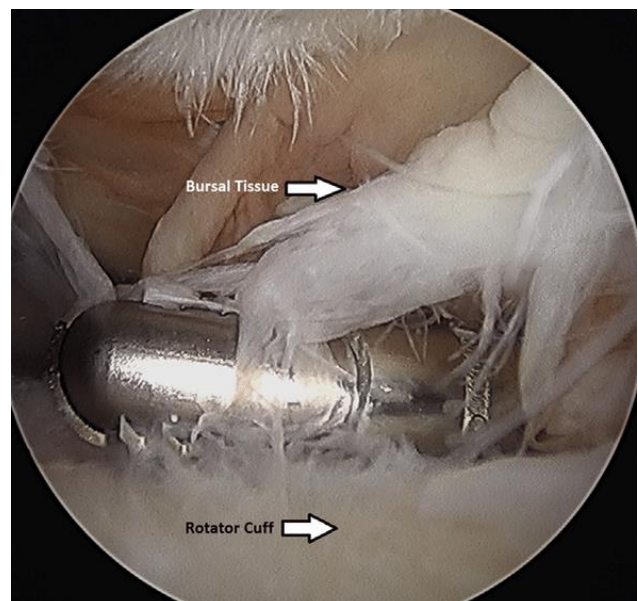
### Understanding Shoulder Arthroscopy

Shoulder Arthroscopy is a minimally invasive surgical procedure used to diagnose and treat a variety of shoulder conditions. Through small incisions, a camera (arthroscope) and specialized instruments are inserted to examine or repair the tissues inside or around the shoulder joint. This technique is commonly used for rotator cuff repairs, impingement syndrome, and to address instability, among other conditions.



### Benefits of Shoulder Arthroscopy

- **Minimally Invasive:** Small incisions reduce the risk of infection and can lead to quicker recovery times.
- **Less Pain Post-Surgery:** Patients often report less pain compared to open surgery, due to minimal tissue disruption.
- **Improved Accuracy:** The arthroscope provides a clear view of the shoulder's interior, allowing for precise treatment.
- **Quicker Return to Activities:** Many patients can return to their normal activities faster than with traditional surgery.





## 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 (portals) are made around the shoulder for the arthroscope and surgical instruments. Dr. Chen Tu will then diagnose and treat the identified issues.
- **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

While shoulder arthroscopy is considered safe, there are potential risks, including infection, nerve damage, and complications related to anesthesia. Dr. Chen Tu will discuss these in detail with you.

## Contact Information

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

Dr. Chen Tu and the team at Wakefield Orthopaedic Clinic are here to support you through your Shoulder Arthroscopy procedure, from initial consultation through to your full recovery. Our goal is to ensure you receive the best possible care and achieve optimal outcomes for your shoulder health.

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