

# Arthroscopy / Manipulation of the Shoulder



This section is for the patient to make notes if they so wish:

Name:

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Who to contact and how:

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Notes:

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**What is an arthroscopy?**

An arthroscopy is an investigation that allows direct visual examination of the inside of the shoulder joint by using an instrument called an arthroscope.

This procedure is usually performed under anaesthetic.

**What are the benefits of this surgery?**

This operation is a diagnostic procedure enabling the surgeon to determine a probable cause of your shoulder joint problem. If a diagnosis is found, it will be discussed with you at your outpatient appointment.

**What is a manipulation?**

Movement of the shoulder joint under general anaesthetic.

**What are the benefits of this surgery?**

To relieve discomfort and/or aid movement.

**Are there any alternatives to this surgery?**

This can be discussed with your surgeon at your outpatient appointment.

**Are there any risks of surgery?**

As with any surgical procedure, there is a risk of complication from the surgery and from the anaesthetic, however the risk is very small. Your surgeon will discuss this with you prior to your surgery so you can make an informed decision with regards to your treatment.

**Following an arthroscopy of the shoulder**

Discomfort following the surgery is common; please ensure you have adequate pain relief at home.

Bleeding may occur from the wound site. If so, apply pressure to the area. However if the bleeding persists, seek medical advice.

There is a slight risk of the wound or joint becoming infected, if you experience redness, excessive tenderness or persistent oozing, please seek medical advice.

## Information for patients

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There is also a slight risk of accidental damage to the inside of the joint or a loss of sensation in the skin (nerve damage), if you experience this please discuss this with your surgeon at your follow up appointment.

### **Following manipulation of the shoulder**

Discomfort following the surgery is common; please ensure you have adequate pain relief at home.

There is a slight risk of tendon injuries around the shoulder and/or avulsion fractures of the shoulder.

### **Before you arrive**

Prior to your admission you will have been advised when to stop taking food and fluids.

Please have a shower or bath before attending day surgery.

Please do not wear make-up and ensure all nail varnish and jewellery has been removed, if you are having surgery on your left shoulder please remove your wedding ring.

Please bring any medications that you take at home (even if infrequent), a dressing gown, slippers and a book or magazine to read.

Please leave valuables at home.

### **What will happen when I come in for my surgery?**

Please report to the reception desk and inform them of your arrival.

You will be asked to sit in the mixed sex waiting area. A nurse will then prepare you for your surgery, you will be provided with a theatre gown (lockers are available for your belongings) and you will have your blood pressure taken.

Please inform the nurse looking after you of any change in medical needs or any change in social circumstances.

The surgeon will come to see you; they will mark the surgical site (if applicable) and will take your written consent for the procedure.

When it is time for your surgery, the nurse will accompany you to the anaesthetic room.

## Information for patients

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### After the surgery

If you have had a general anaesthetic you will wake up in recovery. When you are fully awake you will be transferred back to the day surgery unit. Light refreshments will be provided.

Following arthroscopy, small dressings will have been applied to your shoulder to cover the stitches where the scope has been inserted. The surgeon may have applied a sling on your arm in theatre or advised an application before you go home. Your arm may feel heavy and numb.

You may feel some discomfort, if so the nursing staff will be able to give you prescribed pain relief if needed.

When you are adequately recovered the nurse will provide you with discharge advice and answer any questions you may have. The nurse will also be able to make arrangements for you to go home.

### Following a general anaesthetic

You may feel nauseous and have a headache, make sure to drink plenty, eat a small diet and continue with your painkillers.

Please arrange for a family member or friend to escort you home and stay with you for the first 24 hours after you have been discharged.

Following a general anaesthetic you will be required to take 48 hours off work unless advised otherwise.

### At home

You may require painkillers after the effects of the anaesthetic have worn off.

A sling may be provided to be worn as advised. Rest your arm on a pillow whilst sitting. To encourage circulation, wriggle your fingers and begin gentle use of your hand, gradually increasing the movement of your arm as able.

Make sure to keep the wound clean and dry.

Your stitches will need removing 10 days after your surgery with your practice nurse at your GP surgery. You will be required to make this appointment.

Please remember not to drive for 2 weeks or as advised by your surgeon (this may be longer depending on the type of surgery performed).

## Information for patients

You will need to be signed off work for 2 weeks (this may be longer depending on the type of surgery performed).

A 7-21 day follow up appointment will be sent to you by post to review your surgery and in some cases, remove your stitches.

The above instructions may differ according to consultant preference. You will be advised of this before your discharge.

You should be aware that there is no guarantee that the surgery performed will be 100% effective.

### **Any Comments, Compliments, Concerns or Complaints**

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) is available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact [nlg-tr.PALS@nhs.net](mailto:nlg-tr.PALS@nhs.net)

As a Trust we value equality of access to our information and services, therefore alternative formats are available on request at [nlg-tr.interpreters@nhs.net](mailto:nlg-tr.interpreters@nhs.net)

### **Alternative Languages**

All of our leaflets are available to view in different languages via Browsealoud on our website at [www.nlg.nhs.uk/patients/patient-leaflets/](http://www.nlg.nhs.uk/patients/patient-leaflets/)

Toate pliantele noastre sunt disponibile pentru a fi vizualizate în diferite limbi prin intermediul Browaloud pe site-ul nostru, la [www.nlg.nhs.uk/patients/patient-leaflets/](http://www.nlg.nhs.uk/patients/patient-leaflets/)

Wszystkie nasze ulotki są dostępne do przeglądania w różnych językach za pośrednictwem Browsealoud na naszej stronie internetowej [www.nlg.nhs.uk/patients/patient-leaflets/](http://www.nlg.nhs.uk/patients/patient-leaflets/)

Visus mūsų lankstinukus galite peržiūrėti įvairiomis kalbomis, naudodamiesi „Browsealoud“ mūsų svetainėje, adresu [www.nlg.nhs.uk/patients/patient-leaflets/](http://www.nlg.nhs.uk/patients/patient-leaflets/)

Vse naše zloženke so na voljo za ogled v različnih jezikih prek Browaloud na našem spletnem mestu [www.nlg.nhs.uk/patients/patient-leaflets/](http://www.nlg.nhs.uk/patients/patient-leaflets/)

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