

PATIENT INSTRUCTIONS POST SHOULDER ARTHROSCOPY WITH MINI-OPEN  
/ ARTHROSCOPIC CUFF REPAIR

**Immediately post-operation**

- You will wake up in the recovery ward with a nurse looking after you. Your arm will be in a sling (and your elbow will be resting on pillow which is part of the sling) and there will be dressings on your shoulder. The wounds will be closed with stitches.
- You will be kept in the recovery ward until you have recovered from the anaesthetic. You will be allowed to start eating and drinking when safe to do so.
- Your surgeon will review you before discharge to explain to you what was found during surgery and the details of the operation performed, as well as the expected outcome
- If you are comfortable enough you will be allowed to return home, otherwise you will be admitted to one of the wards and discharged the following day

**Discharge to first post-operative review**

- You will be asked to phone your surgeon's rooms to make an appointment for your first post-operative review, usually 7-14 days following surgery.
- Between discharge and first review, you will be instructed to perform some simple exercises, for the elbow, wrist and forearm. These exercises are designed to reduce the stiffness in these joints.
- When not performing your exercises, keep the arm in the sling.
- You will have to keep the elbow resting on the pillow (part of the sling) but may be able to rotate the shoulder far enough to use a computer.
- Only lift your elbow far enough to clean under your arm-pit and to apply de-odorant.
- Take the medication as prescribed by your anaesthetist for pain.
- Leave the dressings intact and keep the wounds dry until your first review. The nurses will either apply waterproof dressings before you will leave, or will give them to you to apply at home. This will enable you to shower more easily.

**PHONE DR.PORTER'S ROOMS TO CONFIRM THE TIME AND DATE OF  
YOUR FIRST POST-OPERATIVE APPOINTMENT ON \_\_\_\_/\_\_\_\_/\_\_\_\_\_**

**First post-operative review (7-14 days post surgery)**

- At this review your surgeon will check the wound and remove the stitches.
- He will go over the operative findings and procedure performed.
- He may also refer you for physiotherapy to supervise your rehabilitation.
- A second review appointment will be made for 6 weeks post surgery

### **From first post-operative review to second post-operative review (6 weeks post surgery)**

- During this period of time you will still not be allowed to lift your elbow from your side, unless you use the opposite arm to lift it (that is, you are only allowed to do “passive” elevation movements)
- This period of time is required to allow the repaired cuff tendon to repair

### **Second post-operative review (6 weeks post surgery)**

- At this review the surgeon will assess your progress and re-examine the shoulder.
- He will also discuss and residual problems that you are having as well as measures to remedy them such as adjustments to the physical therapy and exercises performed.
- Following this appointment you will be allowed to commence “active” elevation movements of the shoulder.
- The physiotherapist will also gradually introduce some early strengthening work for the shoulder

### **Third post-operative review (3months post surgery)**

- At this stage you should be progressing well with the strengthening exercises
- A return to lighter manual labouring type activities should be possible
- Resistance work in the gym should also be possible, as long as increased gradually
- Swimming is possible as long as the ROM is sufficient

### **Complete recovery**

- This can take to 4-6 months from the date of surgery

### ***Complications***

***If at any stage you experience significant pain that is not relieved by resting the arm in the sling and taking the analgesics, shortness of breath, fever, chills, loss of power or sensation in the arm, significant swelling or colour changes in the arm, contact your surgeon by phoning the rooms or private hospital. If you are unable to contact your surgeon, see your local GP or the local A&E department.***