

# Procedure Name: Shoulder Arthroscopy

## Brief Description of Procedure:

Arthroscopic surgery is a common orthopedic procedure that is used to diagnose and treat problems in joints. Greek words: 'artho,' meaning "joint" and 'scope' meaning "look." When arthroscopy is performed, a telescope with a camera is inserted into the joint through a small incision. The camera is attached to a light source and shows a picture of the inside of the joint on a monitor. One or more incisions may be made to treat the underlying problem. This procedure can be used to diagnose a joint problem, perform surgery that repairs a joint problem, remove a loose or foreign body, or monitor a disease or the effectiveness of a treatment. A shoulder arthroscopy can be used to repair rotator cuff tears, impingement syndromes, clavicle problems, or shoulder dislocations.

## Describe anesthesia type that is typically given:

General anesthesia is done for this procedure. Also a regional block can be done for post operative pain control. See anesthesia section for further details.

## What patients that smoke can expect when having surgery:

After surgery your anesthesiologist will check your breathing and lung sounds to determine if a breathing treatment is needed. Smoking increases airway irritation, which leads to wheezing and coughing. Expect an increase in the amount of oral secretions. Further breathing treatments and medications are sometimes needed.

## Average length of surgery time:

The procedure time will depend on how extensive a surgery it is. It can be anywhere from 1 1/2 hours to 3 hours.

## Average length in immediate recovery time:

The immediate recovery time is approximately 30 minutes.



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### **Average length of time of discharge:**

A patient can expect to be in their room approximately 1 1/2 hours to 2 hours after leaving the recovery room. During this time medicine can be give to control any nausea or pain you are having fom your procedure. Once you are comfortable and ready to go home, you may be released.

### **When can you go back to work?**

Depending on your occupation you and your doctor will discuss when you may return to work. At your post operative visit with your surgeon he will discuss any further need to be off work based on your occupation and te type of repair performed.

### **What can I lift after surgery:**

Your weight limit with the arm being worked on will vary acording to the extent of the procedure and the physician preferences. Usually your arm will be put in a shoulder sling in which it is stabalized. Your physician will want you to wear this sling until returning for therapy appointments.

### **What kind of post discomfort can you expect:**

There are two ways to help avoid post operative discomfort from occuring. One way is by anesthesia placing a regional block before or during surgery. This will casue the arm to be numb for up to 24 to 36 hours after the procedure.

### **Surgical Safety Checklist:**

For optimal quality care and surgical safety, the following questions will be asked.

#### **CONFIRM between patient, surgeon, and surgery team:**

Identity of patient  
Surgical site  
Procedure  
Sign Consent  
Surgeon to mark the surgical site,  
if applicable Allergies



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