

Shoulder Arthroscopy

What Is A Shoulder Arthroscopy?

Shoulder arthroscopy is a minimally invasive surgical procedure used to diagnose and treat various conditions affecting the shoulder joint. It involves inserting a small camera (arthroscope) and specialized surgical instruments through small incisions around the shoulder, allowing the surgeon to visualize and address problems within the joint.

How Do I Know If I Need A Shoulder Arthroscopy?

You may need a shoulder arthroscopy if you experience persistent shoulder pain, stiffness, weakness, or reduced range of motion that does not improve with conservative treatments such as rest, physical therapy, or medications. Your healthcare provider may recommend a shoulder arthroscopy to diagnose and treat various shoulder conditions, including injuries, tears, inflammation, or degenerative changes within the joint.

How To Prepare For A Shoulder Arthroscopy?

To prepare for a shoulder arthroscopy, you may need to:

- Undergo preoperative evaluations, including medical clearance from your primary care physician and any necessary preoperative tests or screenings.
- Discontinue certain medications or supplements that may increase the risk of bleeding or interfere with anaesthesia, as directed by your healthcare provider.
- Make arrangements for postoperative care and transportation, including assistance with activities of daily living during the recovery period.
- Follow instructions regarding fasting before surgery and any specific preoperative protocols provided by your surgeon.

What Happens During A Shoulder Arthroscopy?

During a shoulder arthroscopy:

- You will be placed under general anaesthesia or regional anaesthesia to ensure you are comfortable and pain-free throughout the procedure.
- Small incisions are made around the shoulder joint, through which the arthroscope and surgical instruments are inserted.
- The arthroscope transmits images of the inside of the shoulder joint to a monitor, allowing the surgeon to visualize and assess the structures in real-time.
- The surgeon may perform various surgical procedures, such as removing damaged tissue, repairing torn ligaments or tendons, shaving down bone spurs, or removing loose bodies or cartilage fragments.
- After completing the necessary repairs or procedures, the incisions are closed, and a sterile dressing is applied.

What Are The Potential Risks And Complications Of A Shoulder Arthroscopy?

While shoulder arthroscopy is generally considered safe, potential risks and complications may include:

- Infection at the surgical site.
- Bleeding or blood clots.
- Nerve or blood vessel injury.
- Persistent pain or stiffness.
- Delayed healing or recurrence of symptoms.
- Adverse reactions to anaesthesia or surgical complications.