

Further information

Arthroscopy - NHS

www.nhs.uk/conditions/arthroscopy

Chartered Society of Physiotherapy

www.csp.org.uk/your-health

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St Helens and Knowsley
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Shoulder Arthroscopy

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Post Op Information

Please take the time to read this leaflet as it contains important information about your condition.

Your nurse today is.....

Your surgeon was.....

You will receive an outpatient/physio appointment in the post.

Arthroscopy of the shoulder (the examination of a joint with a fine tube with a light at the end) will be performed when you are asleep. The bursa (a sac between the tendons and bones) will also be examined with this special camera.

Your arm is to be held in a sling for 24 hours, longer if necessary, for comfort. Unless instructed otherwise by the surgeon. Perform your exercises as instructed by the physio. You will have a specific leaflet for these exercises. You may also receive a physio follow up.

- Keep dressings as dry as possible, unless they are water proof by covering them with a plastic bag when having a bath or shower. If your dressings get wet or fall off, they will need to be replaced.
- Dressings can usually be removed after 5 to 10 days.
- Your wounds should start to heal within a few days. If non-dissolvable stitches were used, they will need to be removed after 1 to 2 weeks. This can usually be done by a nurse at your local treatment room. (You will have been given a referral form for this).
- It may be possible to return to work within 7 days if your job involves sitting at a desk, but if it is more physical, you may need to stay off work for up to 2 weeks.

- You may not be able to do more demanding physical activities, such as lifting and sport, for several months.
- If bleeding occurs, apply pressure for 10-15 minutes. If it continues please seek medical advice.
- Contact a GP or Walk-in Centre if you have:
 - a high temperature
 - severe or increasing pain
 - severe or increasing redness or swelling
 - discoloured or foul-smelling discharge from your wounds
 - numbness or tingling
- Take pain killers as prescribed. Always read the label.
- It is normal to have short lived problems such as swelling, bruising, stiffness and discomfort after an arthroscopy. these usually improve in the days and weeks after the procedure.