

# Shoulder Arthroscopy

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## KEY POINTS

- Arthroscopy is joint surgery done with a scope put into your joint through small cuts. Shoulder arthroscopy can diagnose or treat problems with bones, cartilage, ligaments, tendons, or bursa in your shoulder.
  - Ask your provider how long it will take to recover and how to take care of yourself at home.
  - Make sure you know what symptoms or problems you should watch for and what to do if you have them.
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## What is shoulder arthroscopy?

Shoulder arthroscopy is joint surgery done with a scope put into your shoulder through small cuts. Your shoulder is where the top of your arm bone meets the cup-shaped socket of your shoulder blade.

## When is it used?

Arthroscopy is used to diagnose or treat:

- Frozen shoulder, which is stiffness and pain usually caused by scar tissue that makes it hard to move your shoulder
- Torn or damaged biceps tendon, which are strong bands of tissue that attach muscle to bone
- Rotator cuff injury, which is irritation or damage in the group of tendons and muscles that hold your shoulder joint together
- Pain, stiffness, and swelling of the joints caused by arthritis or bone spurs
- Damaged or torn cartilage, which is the tissue that lines the surfaces of the joint
- Repeated shoulder dislocation

## How do I prepare for this procedure?

- Make plans for your care and recovery after you have the procedure. Find someone to give you a ride home after the procedure. Allow for time to rest and try to find other people to help with your day-to-day tasks while you recover.
- You may or may not need to take your regular medicines the day of the procedure. Tell your healthcare provider about all medicines and supplements you take. Some products may increase your risk of side effects. Ask your healthcare provider if you need to avoid taking any medicine or supplements before the procedure.
- Tell your healthcare provider if you have any food, medicine, or other allergies such as latex.

- Your healthcare provider will tell you when to stop eating and drinking before the procedure. This helps to keep you from vomiting during the procedure.
- Tell your healthcare provider if you are or think you may be pregnant or are breastfeeding.
- Follow your provider's instructions about not smoking before and after the procedure. Smokers may have more breathing problems during the procedure and heal more slowly. It's best to quit 6 to 8 weeks before surgery.
- Follow any other instructions your healthcare provider gives you.
- Ask any questions you have before the procedure. You should understand what your healthcare provider is going to do. You have the right to make decisions about your healthcare and to give permission for any tests or procedures.

## **What happens during the procedure?**

You will be given medicine called anesthesia to keep from feeling pain during the procedure. You may have:

- Local anesthesia numbs part of your body where you will have the procedure.
- Regional anesthesia numbs part of your body while you stay awake. If you have regional anesthesia, you may also be given medicine to help you relax. The medicine can make you drowsy or you may fall asleep before the procedure.
- General anesthesia relaxes your muscles and puts you into a deep sleep.

Your provider will make several small cuts near the shoulder. An arthroscope is a lighted tube with a camera. Your provider can put the scope and tools through the small cuts to find or repair damage to your shoulder. After the procedure, your provider will close the small openings with one or two stitches, glue, or sticky tape.

## **What happens after the procedure?**

You can usually go home the same day as your surgery. Usually you will wear a sling to limit how much you can move your shoulder for several days to a few weeks. You may need to do physical therapy exercises for a few months to help make the joint strong again and help you move it more easily.

Follow your healthcare provider's instructions. Ask your provider:

- How long it will take to recover
- If there are activities you should avoid and when you can return to normal activities
- How to take care of yourself at home
- What symptoms or problems you should watch for and what to do if you have them

Make sure you know when you should come back for a checkup. Keep all appointments for provider visits or tests.

## What are the risks of this procedure?

Every procedure or treatment has risks. Some possible risks of this procedure include the following:

- You may have problems with anesthesia.
- You may have an infection, bleeding, or blood clots.

Ask your healthcare provider how these risks apply to you. Be sure to discuss any other questions or concerns that you may have.

*This content is reviewed periodically and is subject to change as new health information becomes available. The information is intended to inform and educate and is not a replacement for medical evaluation, advice, diagnosis or treatment by a healthcare professional.*

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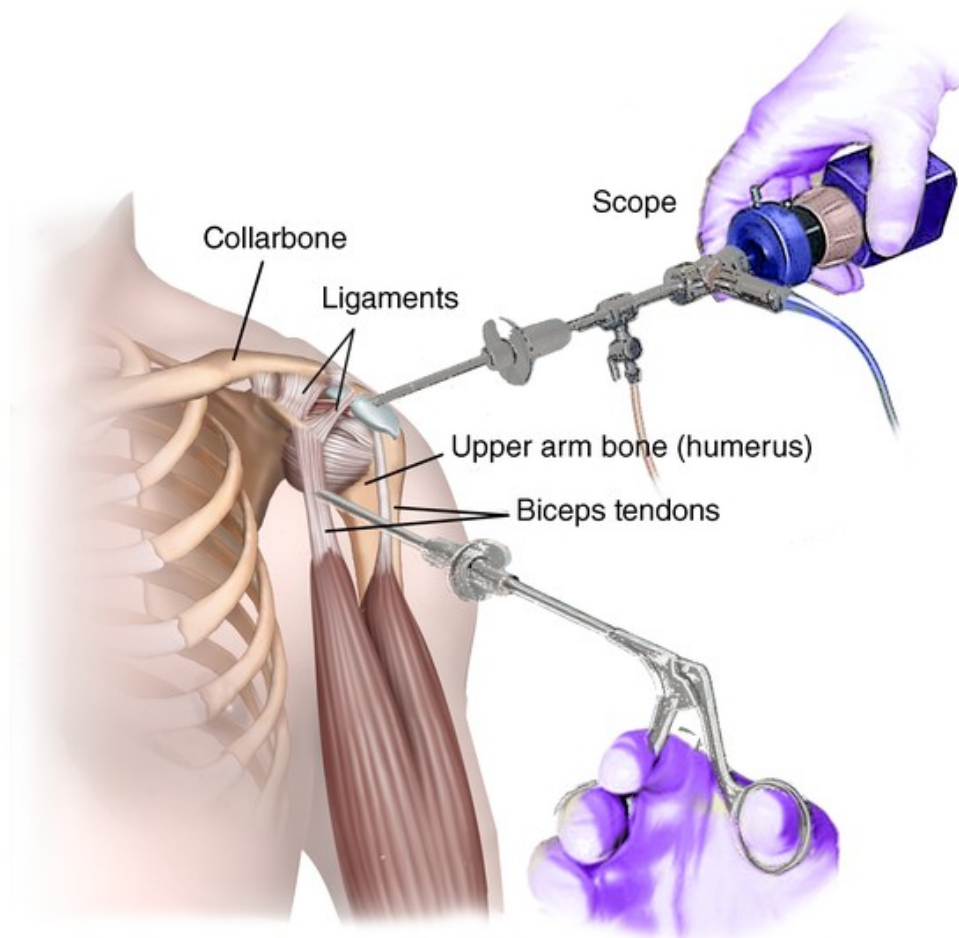
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