

Goole Surgical Treatment Centre



Arthroscopy/Manipulation of the Shoulder Day Surgery Unit



*Welcome and thank you for making
Goole Surgical Treatment Centre your first choice*

Introduction

What is an arthroscopy?

An arthroscopy is an investigation that allows direct visual examination of the inside of the shoulder joint by using an instrument called an arthroscope.

This procedure is usually performed under a general anaesthetic.

What are the benefits of this surgery?

This operation is a diagnostic procedure enabling the surgeon to determine a probable cause of your shoulder joint problem. If a diagnosis is found, it will be discussed with you at your outpatient appointment.

What is a manipulation?

Movement of the shoulder joint, performed under a general anaesthetic.

What are the benefits of this surgery?

To relieve discomfort and/or aid movement.

Are there any alternatives to this surgery?

This can be discussed with your surgeon.

Risks of surgery

As with any operation, there is a risk of complications from the surgery and with the anaesthetic. However, the risk is very small.

Following arthroscopy shoulder

Discomfort following surgery this is common, please ensure you have adequate painkillers at home.

Bleeding may occur from the wound site. If so, apply pressure and if the bleeding persists, seek advice.

There is a slight risk of your wound becoming infected, if you experience redness, excessive tenderness or persistent oozing, seek advice. Accidental damage to the inside of the joint or a loss of feeling in the skin (nerve damage).

There is a slight risk of wound and/or joint infection, if you think you have an infection, please seek advice.

Following manipulation of shoulder

There is a slight risk of tendon injuries around shoulder and/or avulsion fractures of the shoulder. Discomfort following surgery is common, please ensure you have adequate painkillers at home.

Following a general anaesthetic please arrange

An adult to escort you home and care for you for the first 24 hours. Not to use machinery, cook, or sign documents for 24 hours.

Effects of anaesthetic

If you experience nausea following surgery, drink plenty of fluids and take light meals.

Headache is not unusual following a general anaesthetic. Simple painkillers will help to relieve this.

Before you arrive

Prior to your admission you will have been advised when to stop taking diet and fluids.

Please have a shower or bath before coming to the Day Surgery Unit.

We request that you do not wear make-up, nail-varnish or jewellery (except for wedding ring). If you are having surgery on your **left** arm please remove your wedding ring.

Please bring any medication that you normally take (even if infrequent), a dressing gown, slippers and a book or magazine to read.

Please leave valuables at home.

What will happen when I come in for my surgery?

Please report to the reception desk. You will be asked to wait in the waiting area.

A nurse will prepare you for your operation. You will be asked to wear a theatre gown (a locker is provided for your clothing) and your blood pressure will be taken.

Please tell the nurse if you have any medical changes or change of social circumstances.

The surgeon will come to see you, mark the operation site (if applicable) and take your written consent for your operation.

You will wait for your surgery in a mixed sex seated area.

When it is time for your surgery the nurse will walk with you to the anaesthetic room.

After the surgery

If you have had a general anaesthetic, you will wake up in the recovery suite.

When you are fully awake you will be transferred into the recovery lounge (seated area).

Light refreshments will be provided.

Following arthroscopy, small dressings will have been applied to your shoulder to cover the stitches where the scope has been inserted.

The surgeon may have applied a sling on your arm in theatre or advised an application before you go home. Your arm may feel heavy and numb.

You may feel some discomfort, if so, the nursing staff will give you prescribed pain relief on request.

When you are adequately recovered the nurse will provide you with discharge advice, answer any questions that you may wish to ask and arrange for you to go home.

At home

You may require painkillers after the effects of the anaesthesia has 'worn off'. A sling may be provided to be worn as advised.

Rest your arm on a pillow whilst sitting.

To encourage circulation, wriggle your fingers and begin gentle use of your hand.

Following arthroscopy, keep the wound clean and dry.

Gradually increase the movement of your arm as able.

The stitches will need removing 10 days following your procedure with your Practice Nurse at your GP's surgery. Not to drive for 2 weeks (This may be longer depending on the type of surgery performed).

Time off work for 2 weeks (This may be longer depending on the type of surgery performed). A 7-21 day outpatient appointment will be sent to you by post to review your surgery and remove the stitches.

These instructions may differ according to Consultant preference, you will be advised of this before your discharge.

NB. There is no guarantee that the surgery performed will be 100% effective.

If you have any problems after your surgery please contact one of the following:

Day Surgery Unit

Tel: 01724 290040 (08:00-20:00 Mon-Fri)

or

Your own GP

Concerns and Queries

If you need further assistance, the Patient Advice and Liaison Service will be able to help. They can be contacted on:

Goole & District Hospital

PALS Administration Manager 01724 290172

or by email: pals@nlg.nhs.uk

Confidentiality

Information on NHS patients is collected in a variety of ways and for a variety of reasons (e.g. providing care and treatment, managing and planning the NHS, training and educating staff, research etc.) It is stored on paper and on computerised systems in line with the Data Protection Act 1998. Everyone working for the NHS has a legal duty to keep information about you confidential.

Information will only ever be shared with people who have a genuine need for it (e.g. your GP or other professionals from whom you have been receiving care) or if the law requires it, for example, to notify a birth. Please be assured however that anyone who receives information from us is also under a legal duty to keep it confidential.

Zero Tolerance - Violent, Threatening and Abusive Behaviour

The Trust and its staff are committed to providing high quality care to patients within the department. However, we wish to advise all patients/visitors that the following inappropriate behaviour will not be tolerated:

- Swearing
- Threatening/Abusive Behaviour
- Verbal/Physical Abuse

The Trust reserves the right to withdraw from treating patients whom are threatening/abusive/violent and ensuring the removal of those persons from the premises.

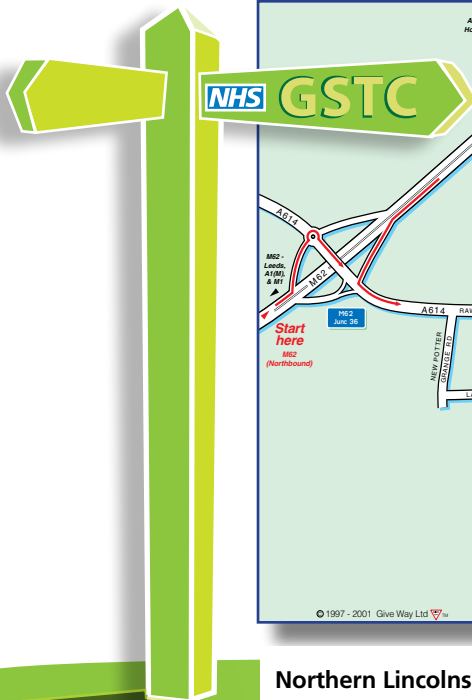
All acts of criminal violence and aggression will be notified to the Police immediately.

Risk Management Strategy

The Trust welcomes comments and suggestions from patients and visitors that could help to reduce risk.

Perhaps you have experienced something whilst in hospital, whilst attending as an outpatient or as a visitor and you felt at risk. Please tell a member of staff on the ward or in the department you are attending/visiting.

Contact Number: Day Surgery Unit: 01724 290040



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