

## **Guidance for Shoulder Stabilization Surgery**

### **Pain:**

A nerve block may be used before the operation, which means that immediately after the operation the shoulder and arm may feel numb. This may last a few hours. After this the shoulder may well be sore and you will be given painkillers to help this whilst in hospital.

The painkillers can be continued after you go home. Ice packs may also help reduce pain. Wrap frozen peas or crushed ice in a damp, cold cloth and place on the shoulder for up to 15 minutes.

### **Going Home:**

If the operation is early in the day, you will be able to go home on the same day of the operation. Otherwise, you will spend one night in hospital.

### **Wearing a Sling:**

This is normally needed for 3 weeks being worn under your cloths to allow the repair time to heal. The sling will only be removed to do the exercises.

### **The Wound:**

Your doctor will tell you if you have any sutures in your keyhole wounds, which may need to be removed. If there are no sutures, the wound may leak for 3 to 4 days. The wounds should be kept dry until healed. This usually takes 5 to 7 days.

### **Expected Progress:**

When you come out of the sling, your shoulder will be stiff. Physiotherapy will concentrate on improving your posture and gradually regaining movement and strength. The full movement is expected by 3 months but strength may take up to a year to return to normal.

### **Driving:**

You will not be able to drive for 4 to 6 weeks.

## Returning to work:

If you have a less physical job, you will be able to get back to work when you can drive or earlier if you do not have to drive. For a more physical job, you may be off work for 2-3 months.

## Leisure activities:

Return to sport will depend on the type of sport. Swimming breaststroke is allowed when the sling is off. Golf can begin at 8 weeks. Overhead sports are allowed at 3 months and contact sports at 4 months.

## Exercises:

Your physiotherapist will discuss your individual exercises with you before you leave hospital.

## Complications:

Other than very rare anaesthetic complications, an infection may occur but is also very rare. There is a minimal risk of nerve injury during surgery. There is a 1 in 10 chance of the shoulder problem returning in the future.

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