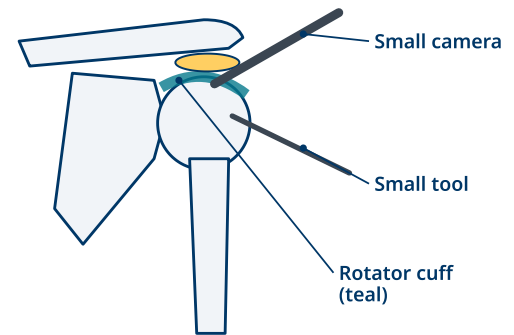


Arthroscopic Shoulder Surgery

What it is

Arthroscopic shoulder surgery uses a small camera and tools placed through tiny cuts. It can repair torn tissue or remove bone spurs. Many people go home the same day.



Why it is done

- Rotator cuff tears
- Labral tears or instability
- Impingement not improved with therapy and injections
- Loose bodies or inflamed tissue

Self-care tips

- Walk a little several times a day.
- Follow your limits on lifting, bending and twisting.
- Keep the cut clean and dry. Follow your wound care instructions.
- Take pain medicine only as directed. Do not smoke; it can slow healing.

What to expect

Before: You have an exam, an imaging review and tests before surgery.

During: You get anesthesia, often with a nerve block to numb the arm. The surgeon works through tiny cuts.

After: You go home the same day, usually in a sling. Physical therapy is an important part of recovery.

When to call us

- Fever over 101°F or chills
- Redness, swelling or fluid draining from the cut
- Pain, swelling or redness in your calf
- New or worse numbness or weakness

Call 911 for chest pain, trouble breathing, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/treatments/arthroscopic-shoulder-surgery/



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This handout is general information and is not a substitute for medical advice.