

Consent for
Arthroscopic Capsular Release of the Shoulder

Mr M J C Stanislas

Procedure :

This operation is performed under general anaesthetic with an additional nerve block for pain relief after the operation. Through 2 incisions the tight capsule of the shoulder joint is released using a special thermal probe. The inflamed lining / synovium of the shoulder joint is removed. The wounds are closed with one suture each and dressings applied. A body sling is used for comfort only.

Benefits :

Pain relief
Regain movement

Complications :

Complications are rare.
Full recovery can take upto 3 months.

Complications < 1%.
Bleeding
Infection
Injury to nerve and blood vessels
Failure of procedure to resolve symptoms
Further procedures at a later date
Anaesthetic and heart risks
Blood clots in legs and lungs
Complications related to the Inter-scalene block

Other Treatment Options :

Physiotherapy & Injections