

Consent for
Arthroscopic Shoulder Stabilisation

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 3 incisions the damaged labrum of the shoulder joint is re-attached to the glenoid using absorbable anchors and sutures. The wounds are closed with one suture each and dressings applied. A body sling is used 6 weeks. Gentle physiotherapy would commence

Benefits :

Stabilise the shoulder joint and prevent further dislocations

Complications :

Redislocation 2% but increases in contact young sportsman and patients with significant damage to the glenoid or humeral head.

Complications < 1%.

Bleeding

Infection

Stiffness

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 and reduce level of activity