

# Recovery after Shoulder arthroscopy / SAD +/- CA ligament release /ACJ excision – Mr Rao's patients

1. Early active movement in all directions is allowed after surgery, unless there is a specific reason not to do so.
2. All dressing will be changed on the ward before discharge. Spare water proof small dressings may be given to you to change if the dressing peels off.
3. All normal activity is encouraged but avoid reaching overhead (shelf) or across (seatbelt) for the first few weeks, use the other arm.
4. When home ONLY SHOWERS, NO BATHS, NO SOAKS till the wound has healed. NO SWIMMING till wounds have healed. If the dressing is soaked/peeling please change it promptly.
5. Please follow the exercise sheet given at discharge
6. Post surgery, an appointment will be made for you to see Mr Rao about 1 or 2 weeks after surgery.
7. There are 1 to 2 sutures to remove generally 1 or 2 weeks after surgery.
8. A full explanation of the findings is done, if possible, after the operation but often you may not remember the details hence a full explanation and any pictures taken will be given to you at the follow up consultation
9. If there is a specific problem that cannot be dealt with just the arthroscopy then this will be discussed with you at follow up so that it can be done in a planned fashion.
10. Light gym activity can start at 3 weeks with generally return to full sporting activity at 6 to 12weeks.
11. Physiotherapy and other rehab measures are often necessary so that you do not develop wrong patterns of movement.
12. It usually takes about 6-12 weeks for the effects of the operation to fade even though you are mobile very quickly. Some clicking, swelling, pain and numbness near the keyholes are common and it usually settles with time.
13. Driving is possible as soon as you can handle the car safely, usually 48-72 hours after surgery. Return to work depends on the work done. Generally office based work may need up to a week and if manual work involving carrying is involved it can take 6 -12 weeks.