



Patient Sticker

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Orthopaedic Surgeon
ABN 120 92 201 682

**Shoulder and Knee Surgery
Total Hip Replacement**

SHOULDER ARTHROSCOPY WITH TENDON REPAIR

DATE: ___/___/___

FINDINGS: **Left / Right**

Rotator Cuff Tear

Arthritis in Acromio-clavicular (AC) joint

OPERATION PERFORMED:

Subacromial decompression

Rotator Cuff Repair

AC joint resection

Biceps Tenodesis

Other:

OPERATION DETAILS:

Part of your operation was done through small "keyholes" (arthroscopically), but because a tear was present in the rotator cuff tendon, an open operation has also been performed.

AFTER THE SURGERY:

1. If your shoulder becomes painful after the nerve block wears off, ask the nursing staff for more pain relief medication.
2. You will stay overnight in hospital.
3. Only carry out the exercises recommended by the physiotherapist. Excessive use of the arm may result in the tendon repair failing.
4. A sling will be necessary.

5. Icing the shoulder for 20 minutes three times per day and anti-inflammatory medication may be helpful. You can stop taking these medications when the pain settles, usually within one week.
6. Try taking regular Panadol Osteo (available over the counter) for pain control. This will allow you carry out the exercises.

Photos of the operation:

Bunbury Orthopaedic & Sports Surgery
Unit 3 / 138 Spencer Street, Bunbury WA 6230
Telephone: (08) **9791 7744** Facsimile: (08) **9721 8055**

Several photos will be taken using the keyhole camera. You will get a copy of these with your post-operative information sheet. The photos will be discussed with you at your post-operative appointment.

PROBLEMS:

If you are having problems with your shoulder do not hesitate to contact the office on 9791 7744. I can be reached by page at any time and I will get back to you as soon as possible.