

## ARTHROSCOPIC CAPSULAR SHIFT

### What Can I Expect?

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#### ***What is the Instability or Multidirectional Instability (MDI)?***

The capsule that surrounds the shoulder joint is a very strong ligament that helps to keep the ball and socket normally aligned. In some people the capsule is a too loose. This allows the shoulder to slip partially out of the joint, a process called subluxation, or completely out of the joint, which is called dislocation.

#### ***How do you tighten the capsule?***

The capsule will be shifted or tightened by making small incisions around the shoulder and by use of an arthroscope (camera) to see all the structures of the joint. Special instruments allow Dr. Ko to stitch through the capsule and make it more stable.

#### ***Length of Stay***

This is an outpatient surgery and you should go home the same day of the surgery. You will need to have someone who can take you home.

#### ***Anesthesia***

Patients usually have two types of anesthesia for this surgery. The first is general anesthesia, which means you are asleep and unaware during the surgery. The second type of anesthesia is a nerve block which numbs the operative arm. The nerve block will last about 12-18 hours and during this period you will not be able to control your arm and it will feel strange to you. The anesthesiologist will speak to you on the day of surgery. The ultimate choice of anesthesia technique is up to you and your anesthesiologist.

#### ***Incisions***

You will have several small incisions around your shoulder. They will only be about 1 cm long and will each have 1-2 stitches.

#### ***Pain***

All surgical procedures are associated with some discomfort and all patients perceive pain differently. In general, the pain associated with this procedure is well controlled with the pain medication that will be prescribed for you prior to discharge. After the nerve block wears off you will have discomfort. Most of the pain is related to your very swollen shoulder. That swelling will resolve in 24-48 hours.

### *Sling*

Your arm will be placed in a sling prior to leaving the operating room. You are to remain in your sling 24 hours a day. This includes sleeping in your sling. For the four weeks that you are in your sling, **you are not permitted to drive.**

### *Dressings*

You will go home with gauze and tape dressing about your shoulder. After 2 days you may remove the dressings. There will be small black sutures (stitches) that will be taken out at your first post operative appointment 7-10 days after your surgery.

### *Physical Therapy*

For the first month you will remain in your sling. At your one month postoperative visit you will be given gentle exercises that you will do at home. After the second month you will begin formal physical therapy and continue with the home exercise program.

### *Restrictions*

Recovery from capsular shift surgery is about five months although different patients recover at different rates. During that time you will have restrictions on the use of your operative arm.

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| <b>First Month:</b> | remain in sling, no use of arm, no driving  |
| <b>Month 1-2:</b>   | opposite hand work only   |
| <b>Month 2-3.5:</b> | no lifting and carrying anything greater than 10 lbs and only occasional over-shoulder reaching |
| <b>Month 3.5-5:</b> | no lifting and carrying anything greater than 20 lbs  |