

ARTHROSCOPIC LABRAL REPAIR

What Can I Expect?

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What is the Labrum?

The humeral head rests in a shallow socket called the glenoid. Because the humeral head is much larger than the socket, a soft fibrous rim called the labrum surrounds the socket to help stabilize the joint. The rim deepens the socket so that the humeral head fits better and remains stable. It also serves as an attachment point for several of the ligaments and tendons in the shoulder.

How do you repair the labrum?

The labrum will be repaired 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 repair the torn labrum to the correct (anatomic) position.

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 a gauze and tape dressing. After 3 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 two months of recovery you will do very gentle stretching at home. During the second half of your recovery you will continue to do your home exercises and also attend formal physical therapy.

Restrictions

Recovery from Labral repair 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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| First Month: | remain in sling, no use of arm, out of work for most, no driving |
| Months 1-2: | opposite hand work only, initiate gentle PT |
| Months 2-3.5: | no lifting and carrying anything greater than 10 lbs and only occasional over shoulder reaching |
| Months 3.5-5: | no lifting and carrying anything greater than 20 lbs |