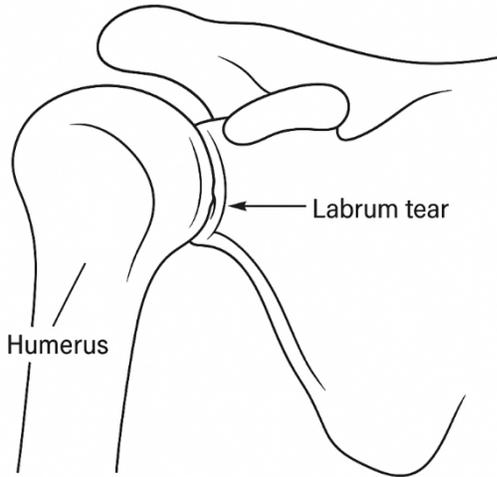


Patient Education Guide Labrum Tear and Repair



WHAT IS THE LABRUM?

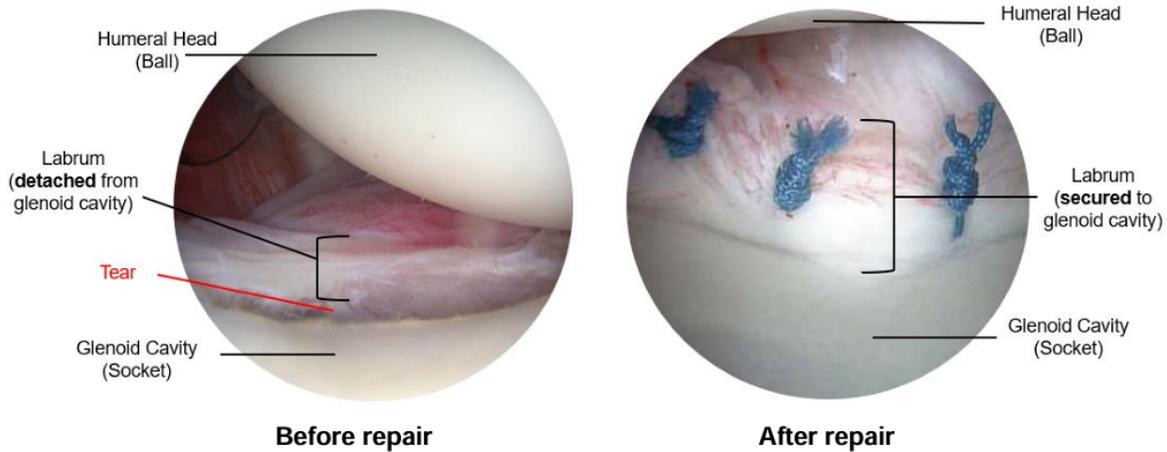
The shoulder is a ball and socket type of joint. Around the bony socket there is a near 360 degree structure made out of a type of cartilage that is called the labrum. This helps make the socket a little deeper and provides stability to the shoulder. Even with this, the shoulder is one of the most commonly dislocated joints in the body. When it dislocates the labrum often tears.

HOW IS AN ARTHROSCOPIC REPAIR PERFORMED?

Dr. Mathur performs shoulder labrum repairs arthroscopically. *Arthroscopy* is a minimally invasive surgery that involves multiple small incisions around the joint. A camera and small instruments are placed through the incisions and displayed on a high definition monitor. This minimally invasive approach leads to less postoperative pain, faster healing and faster recovery.

The first step is identifying the tear in the labrum. It is then repaired back to the socket using anchors that go into the bone and sutures that go around the labrum. The anchors are made out of a type of plastic or suture material.

Sometimes from your shoulder dislocation there will also be a compression fracture or bone loss on the humerus or ball of the ball and socket joint. If this is large, Dr. Mathur will also do a *remplissage* procedure to address it. This involves putting anchors made out of a type of plastic into the humerus and securing the rotator cuff down. This helps provide additional stability.



WHAT SHOULD I EXPECT?

BEFORE SURGERY

- Our office will contact you to book your surgical date, preop appointment, and first post op appointment.
- You will receive a call from preadmission testing. They will set up your preop labs and go through which medications to take and bring.
- The hospital will call between 1-5pm the day before your surgery to give you an arrival time and tell you if your surgery will be in the main building or in the ambulatory surgery pavilion (ASP).
- You may need medical clearance from your primary care doctor or cardiologist.
- Do not eat or drink anything after midnight the night before your surgery. You may take some sips of water with medicine.

MORNING OF SURGERY

- Arrive at the hospital at your instructed time.
- A family member or friend is allowed to come with you to help with the check in process and there is an area for them to wait while you are in surgery. You will require someone to take you home if you are leaving the same day of surgery.
- Dr. Mathur will meet you in the preoperative area to answer any questions and go through the plan.
- You will meet the surgical assistants and nurses that will be in the operating room.
- You will meet the anesthesia team, and they will go over their plan which often includes a nerve block to help with pain after surgery.

AFTER SURGERY

- Most patients will go home the same day of surgery.
- For the first few hours after surgery, you will be in the recovery unit where a nurse and the anesthesia team will monitor you and manage your postoperative pain.
- Once you are awake and comfortable you will be allowed to go home with a family member or friend.
- Keep your bandages clean and dry. This may require using plastic wrap or taking sponge baths.
- It is ok to change the bandages if they get dirty. We will change them at the first postoperative appointment.
- Stay on a constant pain medicine regimen. The effects of the nerve block wear off 12-24 hours after surgery, and it is important to stay ahead of the pain.
- Keep your sling on at all times. You can take it off for bathing. You should take it off 3-4 times per day to bend and straighten your elbow, wrist and fingers
- Do not use your operative arm to carry anything. Do not use your operative arm to push up off a chair.
- Read your discharge instructions from surgery to learn more about what you can and cannot do.

FOLLOW UP AND PHYSICAL THERAPY

- Your first follow up appointment is usually 3-10 days after surgery.
- At this visit we will check your incision and determine when to start physical therapy.
- If you are allowed to begin physical therapy, you will be given specific instructions to share with the therapist for your postoperative protocol.
- We will book your next postoperative appointment which is usually 4-6 weeks later.