

Patient information

Upper Limb Arthroscopy

Martin Corke Day Surgery Unit

Upper Limb Arthroscopy

What is it?

Arthroscopy is a 'keyhole' technique where a fine telescope called an arthroscope is used to look inside one of the joints of your body eg: the shoulder, elbow or wrist. If the orthopaedic surgeon finds an abnormality inside the joint they will endeavour to perform any keyhole surgery appropriate.

Following your surgery

- Please leave your airstrip or similar waterproof plasters over the 'keyholes', keeping them clean and dry. After 2-3 days remove these dressings. Allow the steristrips to peel off gradually by themselves.
- You may now bath or shower with care.
- Dissolvable sutures are used which do not need to be removed. They may be prominent under the skin but will disappear.
- Should any bleeding occur, apply moderate pressure and elevate the limb
- You may experience some degree of swelling of your limb; this is normal.
- After the operation your arm may be immobilized using a sling or collar and cuff. This is worn to help reduce swelling and pain. It is advisable to wear this when outdoors to protect your arm when walking about. When resting or sleeping you should support your arm on a pillow instead. The sling/collar and cuff can be discarded as soon as muscle control of your arm has been regained.
- You may experience some mild to moderate pain. This can be relieved by taking painkillers and on discharge you may be given 3-5 days supply of painkillers, these may be taken as prescribed; otherwise Paracetamol or similar pain relieving medication is appropriate. We recommend you have a supply of Paracetamol and Ibuprofen at home.

Consultant specific instructions, eg: other dressings, physiotherapy:

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These are some exercises you can do to prevent swelling and stiffness.

- Lean forward and allow your arm to swing gently in a circle (pendicular exercise).
- Gently clench and unclench your hand
- Gently bend and unbend your elbow
- Avoid lifting heavy objects

Outpatients appointment.....
This will be sent to you.

Return to work.....

Driving.....

Contact your GP or GP Out-of-Hours Service if:

- You experience severe pain
- Any bleeding does not stop by the suggested method.
- The operation site becomes red, hot and produces a discharge, you may have an infection.

If you require any further advice, please contact the Martin Corke Day Surgery Unit on 01284 713050 between 7.45am and 8.00pm, Monday to Friday.

Outside of these hours contact the orthopaedic ward F4 on 01284 713290 and speak to the nurse in charge. Please have your hospital number on the discharge letter available.

Or NHS 111

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)

<https://www.accessable.co.uk>



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