

Consent for

Arthroscopic Subacromial Decompression +/- Excision of distal clavicle

Mr M J C Stanislas

Procedure :

The spur under the acromion is shaved using 2 or 3 small incisions. The inflamed bursa is tidied and any fraying of the rotator cuff is debrided. If there is a tear in the rotator cuff it is repaired at the same time. The end of the collar bone if damaged is removed. The wounds are closed with one suture each and dressings applied. A body sling is used for comfort only.

Benefits :

Pain relief

Complications :

Complications are rare.

Expect 80% recovery at 3 months and full recovery can take upto 9 months.

Complications < 1%.

Bleeding

Infection

Injury to nerve and blood vessels

Failure of procedure to resolve symptoms

Further procedures at a later date

Stiffness

Anaesthetic and heart risks

Blood clots in legs and lungs

Complications related to the Inter-scalene block

Other Treatment Options :

Physiotherapy & Injections