

**Consent for**  
**Arthroscopic Capsular Release of the Shoulder**

**Mr M J C Stanislas**

**Procedure :**

This operation is performed under general anaesthetic with an additional nerve block for pain relief after the operation. Through 2 incisions the tight capsule of the shoulder joint is released using a special thermal probe. The inflamed lining / synovium of the shoulder joint is removed. The wounds are closed with one suture each and dressings applied. A body sling is used for comfort only.

**Benefits :**

Pain relief  
Regain movement

**Complications :**

Complications are rare.  
Full recovery can take upto 3 months.

Complications < 1%.  
Bleeding  
Infection  
Injury to nerve and blood vessels  
Failure of procedure to resolve symptoms  
Further procedures at a later date  
Anaesthetic and heart risks  
Blood clots in legs and lungs  
Complications related to the Inter-scalene block

**Other Treatment Options :**

Physiotherapy & Injections