

Arthroscopic Capsular Plication

What is a multidirectional instability?

In a small minority of patients, the shoulder can become unstable without a history of injury or repetitive strain. In such patients, the shoulder may feel loose or dislocate in multiple directions, meaning the ball may dislocate out the front, out the back, or out the bottom of the shoulder. This is called multidirectional instability. These patients have naturally loose ligaments throughout the body and may be "double-jointed."

Common symptoms of chronic shoulder instability include:

- Pain caused by shoulder injury
- Repeated shoulder dislocations
- Repeated instances of the shoulder giving out
- A persistent sensation of the shoulder feeling loose, slipping in and out of the joint, or just "hanging there"
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Chronic shoulder instability is often first treated with nonsurgical options. If these options do not relieve the pain and instability, surgery may be needed.

How do you stabilize the shoulder?

The capsule of the shoulder will be tightened up 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. Acevedo to sew the capsule to stabilize the shoulder .

Length of Stay

This is same day 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. The second type of anesthesia is a nerve block. Your arm will be numb and will feel very strange. The nerve block will last about 12-14 hours. 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 3 small incisions around your shoulder. They will only be about 1 cm long.

Pain

You will have pain medication 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. You will have a opioid limiting pain regimen prescribed for when you are discharged home. Typically you will be given Toradol, an anti-inflammatory to take for 3-5 days, Gabapentin a nerve pain medication to be taken for 2 weeks, and a narcotic medication such as Norco or Percocet to be used sparingly for breakthrough pain. **After a few days most patients are comfortable on ES Tylenol.**

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.**

Wound Dressings

You will go home with tegaderm and gauze dressings. After 3 days you may remove the dressings. There will be a steri-strips over the incisions. The steri-strips are to remain in place until they fall off on their own. The sutures are absorbable and buried.

Physical Therapy

Formal Physical Therapy will begin after 4 weeks. When you are 2 weeks from surgery you will be shown some light exercises such as pendulums to help you with range of motion. You should contact a therapist before your surgery to make appointments. If you prefer to perform the rehabilitation at home on your own, you can download the MyHealthTrack app and do Dr Acevedo's program with that.

Restrictions

Recovery from this surgery is three to five months. During that time you will have restrictions on the use of your operative arm.

Day of surgery to Week 4: remain in sling, no use of arm for work, no driving. Typing and writing allowed.

Months 1-2: opposite hand work only

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

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Pictures

Dr. Acevedo will take photos during your surgery. Please bring those pictures to your first postoperative visit. Dr. Acevedo will review them with you and discuss exactly what was done in your shoulder.

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