

Arthroscopic Capsular Release

What is a Frozen Shoulder (adhesive capsulitis)?

A frozen shoulder is due to tightening and thickening of the ligaments and other supporting structures (capsule) of the shoulder. This tightening and thickening results in a severe restriction in range of motion.

How do you release the capsule?

The capsule will be released 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 cut the capsule and restore range of motion.

Length of Stay

In most cases this is done as an outpatient surgery. You will need someone to drive 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. The anesthesiologist will speak to you on the day of surgery.

Incision

You will have three small incisions, one in the front and two in the back of your shoulder. There may be a fourth incision on the outside aspect of the upper arm. 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. The sling is only for your comfort and protection, you do not need to wear the sling all the time. I encourage you to come out of the sling as soon as the nerve block has worn off.

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

You will do very aggressive stretching at home in addition to guidance from a physical therapist. Call your physical therapist to set up an appointment soon after your surgery. A set of stretches must be completed every hour while awake. The more you do the exercises, the better it will feel. If you don't do the exercises often, the stiffness may recur at a fast pace. If you prefer home therapy, Dr Acevedo can prescribe you a program with the MyHealthTrack app

Restrictions

Recovery from capsular release surgery is about three months. During that time you will have restrictions on the use of your operative arm. Depending on your job most patients are able to return to work with restrictions after 6 weeks. Most importantly, you need to be able to stretch at work. You can drive when you feel comfortable and safe to do so.

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.

DR. DANIEL C. ACEVEDO FAAOS
www.LAshoulderelbow.com

1700 E CESAR E CHAVEZ AVE #2200, LOS ANGELES, CA 90033 PH. 323-264-7600 FAX 323-261-8027
23502 LYONS AVE #202A, VALENCIA, CA 91321 PH. 818-788-0101x4451 FAX 818-788-4158
18840 VENTURA BLVD #204, TARZANA, CA 91356 Tel. 818-708-3333 FAX 818-708-9643
16530 VENTURA BLVD #100, ENCINO, CA 91436 Tel. 818-788-0101 FAX 818-855-2493