

Latarjet Procedure — Pre-Operative Patient Guide

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Shoulder Instability with Bone Loss — Coracoid Transfer

Your Condition & Procedure

The condition

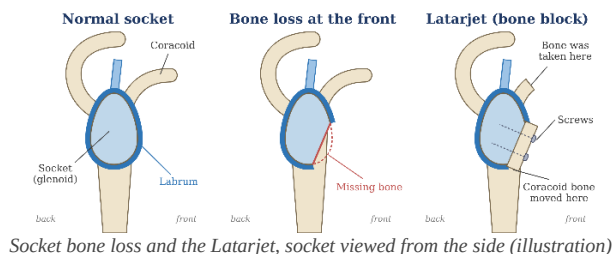
The shoulder socket (**glenoid**) is shallow. With repeated dislocations, bone can break or wear away from the front of the socket (**glenoid bone loss**). With part of the socket missing, or in generally high-risk patients, the shoulder slips out easily, and a soft-tissue repair alone is often not enough.

The surgery

The Latarjet is a typically outpatient surgery done through an incision at the front of the shoulder. A piece of bone from your shoulder blade (the **coracoid**), with its attached tendons, is moved to the front of the socket and fixed with screws. This rebuilds the socket, and the tendons act as a sling that helps hold the ball in place. The final plan is determined during surgery.

Risks & benefits

Benefits: Most patients regain a stable shoulder and return to sports and activity. **Risks** are uncommon and include infection, blood clots, the bone block not healing or shrinking over time, screw problems, the shoulder becoming unstable again, temporary nerve irritation (numbness or weakness in the arm), injury to nearby structures (such as nerves, blood vessels, or cartilage), stiffness, persistent pain, and the need for further surgery. These will be reviewed with you in detail before surgery.



Before Surgery

- **Medications:** We will tell you what to stop and when (e.g., blood thinners, anti-inflammatories, some supplements, weight-loss injections).
- **Fasting:** Follow the instructions from your surgery coordinator/facility. In general, you should have nothing to eat or drink starting at midnight the night before surgery.
- **Nicotine:** Stop all nicotine products—they slow healing.
- **Equipment:** A sling is typically provided at or before surgery.
- **Physical therapy:** Schedule your first visit for within about a week after surgery.
- **Home:** Plan for a helper at first; a recliner can make sleep easier.
- **Medical history:** Let us know if you or anyone in your family has a history of blood clot disorders or a malignant hyperthermia reaction to anesthesia.
- **Health:** Call us if you develop a fever, illness, or skin problem near the shoulder.

Day of Surgery

- If instructed, take blood pressure/heart medications with a small sip of water.
- Arrive at the time given by your surgery coordinator.
- Bring your medication list, insurance card, photo ID, and sling if you have them.
- Wear a loose, button-front shirt; leave jewelry and valuables at home.
- A responsible adult must drive you home. You may **not** drive yourself.

Immediately After Surgery

- You will recover in the recovery area; most patients go home the same day.
- Your surgeon will discuss the procedure with you and your support person.
- Your care team will review wound care, restrictions, medications, follow-up, and warning signs before discharge.

Milestone	What to Expect After Surgery (General Timeline)
Sling	Worn for 2 weeks, removed for hygiene and exercises. Gentle motion begins on day 1.
Daily life	Desk work often within 1–2 weeks. Light waist-level use once out of the sling; no lifting, pushing, or pulling with the surgical arm for 6 weeks. No driving while taking narcotic pain medication.
Lifting & overhead	Running ~8 weeks and light strengthening at 8–12 weeks, as the bone heals. Weight training then progresses, with bench press ~16 weeks.
Sports	Non-contact sports ~3 months. Contact and collision sports at 4–6 months, once a CT scan confirms the bone has healed and strength testing is passed.

► **Please note:** This is a general guide only. Detailed post-operative instructions will be provided on the day of surgery, and your restrictions and timeline may change based on the findings and procedures performed.

Learn More

We **strongly recommend** reading these pages from the American Academy of Orthopaedic Surgeons (OrthoInfo) before your surgery:

- **Your condition: Chronic Shoulder Instability and Dislocation** — <https://orthoinfo.org/en/diseases--conditions/chronic-shoulder-instability/>
- **Related reading: Shoulder Dislocation** — <https://orthoinfo.org/en/diseases--conditions/dislocated-shoulder/>

Video: You may find a video demonstrating an example (not the exact technique) of your surgery at

<https://patient.orthopedica.com/student/activity/1743391-shoulder-instability> (or browse <https://patient.orthopedica.com/student/catalog>).