

Shoulder Arthroscopy — Pre-Operative Patient Guide

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Shoulder Impingement, Bursitis, and AC Joint Arthritis — Arthroscopic Debridement

Your Condition & Procedure

The condition

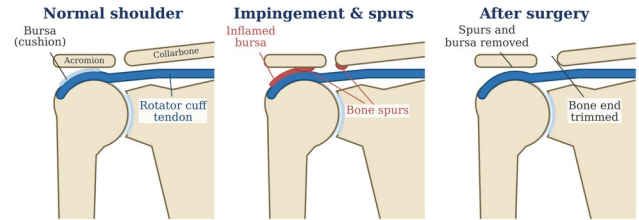
Several problems can cause shoulder pain without a tear that needs repair: **impingement and bursitis** (bone spurs and an inflamed cushion pinching the rotator cuff), arthritis at the end of the collarbone (the **AC joint**), frayed tissue, and loose fragments. They cause pain with reaching, overhead use, and sleep.

The surgery

Shoulder arthroscopy is a minimally invasive, typically outpatient surgery done through small incisions with a camera and small instruments. Depending on what is found, your surgeon may clean up frayed or inflamed tissue (debridement), remove bone spurs, trim the end of the collarbone, and remove loose fragments.

Risks & benefits

Benefits: Most patients have less pain and better motion and function. **Risks** are uncommon and include infection, blood clots, incomplete pain relief or return of symptoms, findings that require a repair (which would change your recovery), 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.



Shoulder impingement and bone spurs (illustration)

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 provided for comfort only.
- **Physical therapy:** Schedule your first visit for within the first few days 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	For comfort only—typically a few days. Come out of it as soon as you are comfortable; there are no motion restrictions.
Daily life	Motion exercises start the day of or the day after surgery. Desk work often within the first week. No driving while taking narcotic pain medication.
Lifting & overhead	Full motion is expected by 3–6 weeks. Light strengthening starts ~3 weeks, with weight training from 6 weeks as tolerated.
Sports	Full return to work and sports typically ~3 months, once strength matches the other side.
► 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: Shoulder Impingement/Rotator Cuff Tendinitis** — <https://orthoinfo.org/en/diseases--conditions/shoulder-impingementrotator-cuff-tendinitis/>
- **Your procedure: Shoulder Arthroscopy** — <https://orthoinfo.org/en/treatment/shoulder-arthroscopy/>

Questions before surgery? Call our office at (972) 378-1438. For a medical emergency, call 911.