

Orthopedic Surgeries Patient Information Pamphlet

What is:

Rotator Cuff Repair

The rotator cuff is made up of a group of tendons and muscles. This surgery involves attaching the tendons back to the top of the humerus (upper arm bone).

Acromioplasty/Shoulder Decompression

Is done when soft tissue is trapped by the shoulder joint. This surgery involves trimming the tip of the acromium (bony knob on the shoulder) which can rub on the tendons as they move.

Shoulder Replacement/Arthroplasty

Hemi Arthroplasty:

Is performed for severe arthritis or an injury to the shoulder. It involves replacement of the damaged head of the humerus (upper part of the arm bone) with a metal ball.

Total Shoulder Replacement/Arthroplasty:

Involves replacing both the humeral head and socket of the glenohumeral joint (shoulder joint).

Arthroscopy

A procedure in which a surgeon explores the inside of your joint by using an instrument called an arthroscope. The arthroscope functions like a tiny camera, letting your surgeon see the inside of your joint. Your surgeon may also be able to repair issues that they find through the arthroscope.

ACL Reconstruction

The Anterior Cruciate Ligament, or ACL are elastic band- like structures that connect bone to bone and surround a joint to give support and limit the joint's movement in the knee. When ligaments are damaged, the knee joint becomes unstable. ACL reconstructive surgery is performed with the assistance of an arthroscope. The torn ACL is replaced by replacement tissue (graft) as a torn ACL cannot heal. Grafts can be taken from the hamstring muscle at the back of the thigh or the middle patellar tendon at the front of the knee. All other structures of the knee are evaluated at the same time.

Foot/Ankle Surgery

The foot and ankle contain several bones which may be fractured or out of place and may require screws, plates, pins, staples or rods to keep the bones in proper position until they heal.

Hand / Wrist and Elbow Surgery

The hand/ wrist and elbow contain several bones which may be fractured or out of place and may require screws, plates, pins, staples or rods to steady the bones in proper position until they heal.



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Removal of Hardware

It is the removal of screws, plates, pins, staples or rods that have been used to repair your broken bone.

Amputation

A surgical removal of all or part of a limb or extremity.

Special Instructions (if required)

If you were instructed by your Surgeon to purchase a sling, heel walking boot, crutches or any other orthopedic appliance, please be sure to bring this item(s) with you the day of surgery.

How to Prepare for Post Procedure/Operative Expectations:

- Please discuss with your surgeon if you need to stop specific medications such as diabetic or blood thinning medications, and when to restart after your procedure
- Discuss with your surgeon when you can expect to return to work, dressing/incisional care and activity precautions.
- Please come prepared the day of surgery with a responsible adult to pick you up, stay and remain with you at home for 24 hours. You will not be able to drive for a minimum of 24 hours, or longer if you are taking certain prescribed medications for pain, or until your surgeon clears you to drive. You may also need to arrange transportation to outpatient clinics for surgeries requiring community care in the days or weeks following your surgery
- Pain can be expected during your recovery time, and everyone experiences pain differently. You will be provided with directions on how to manage your pain at home.

References

Canadian Orthopedic Association Patient Portal. Retrieved July 15, 2019 from <https://coa-aco.org/for-patients/patient-education-resources/>

Canadian Orthopaedic Foundation. Retrieved July 15, 2019 from <https://whenithurtstomove.org/my-surgery/>

