

# Subacromial decompression (SAD) arthroscopy

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## Information for patients

This information sheet answers some of the questions you may have about having a **subacromial decompression (SAD) arthroscopy**. It explains the risks and the benefits of the procedure and what you can expect when you come to hospital. If you have any questions or concerns, please speak to the doctors or nurses caring for you.

### Confirming your identity

Before you have a treatment or procedure, our staff will ask you your **name and date of birth** and check your **ID band**. If you don't have an ID band we will also ask you to confirm your address.

**If we don't ask these questions, then please ask us to check.**  
Ensuring your safety is our primary concern.

## **What is an arthroscopy?**

An arthroscopy – or ‘keyhole’ surgery – is a way of doing operations without having to make large cuts. It causes less discomfort and you usually recover much more quickly.

The surgeon makes a number of very small cuts (portals), about 3-5mm long, through which they put specialised instruments. The number and the position of these cuts vary and they often heal with little scarring. The instruments enable them to operate in a small space and to see the procedure on a large TV screen.

## **Why do I need surgery?**

Your shoulder is a ball and socket joint surrounded by a group of muscles and tendons called the rotator cuff. These keep your shoulder joint stable and allow you to rotate it. The rotator cuff contains four tendons: the supraspinatus, infraspinatus, teres minor and the subscapularis.

The rotator cuff passes through a narrow channel in your shoulder joint underneath a bony part of your shoulder blade called the acromion. Some people have an acromion that is more hooked and this causes it to squeeze the rotator cuff. This leads to inflammation and pain when you lift your arm. This problem is known as ‘impingement’. Some people find that the pain eases over time but a significant number need surgery to shave off the bony hook on the acromion.

If it is left untreated, it can cause the rotator cuff tendons to fray and tear. A torn tendon cannot heal itself and you may need more complicated surgery to repair it. We cannot predict whether your pain will go away without surgery, but we do know that you are likely to have good results if you have this procedure.

## **What are the symptoms?**

You usually have pain and weakness in your shoulder. The pain at night is often quite uncomfortable.

## **What are the benefits of surgery?**

It relieves the pain in your shoulder and improves your range of movement. You should be able to start doing your usual everyday activities within two months of surgery. It usually takes at least six months to feel the full benefits and to start doing more demanding activities.

## **What are the risks?**

There are risks with all surgery, but for this procedure they are relatively small and usually manageable. They include:

- bleeding (less than 1% risk)
- infection (less than 1% risk)
- nerve injury (less than 0.5% risk)
- scarring
- stiffness/frozen shoulder (less than 10% risk). If you develop a frozen shoulder it is usually temporary and only lasts for a few weeks. We do not know what causes this but it could be your body’s way of trying to ‘protect’ the repair.

Your anaesthetist will discuss with you the most appropriate type of anaesthetic for this operation and any associated risks.

## **Are there any alternatives?**

It is possible to fully recover from shoulder impingement using ‘conservative’ (non-surgical) treatments such as painkillers, cortisone injections in your shoulder and physiotherapy. These are very useful and can settle most of the pain.

It is important that you try these options before considering surgery. If non-surgical treatments are unsuccessful, we will then suggest surgery.

## **Consent**

We must by law obtain your written consent to any operation and some other procedures beforehand. Staff will explain the risks, benefits and alternatives before they ask you to sign a consent form. If you are unsure of any aspect of the treatment proposed, please do not hesitate to speak with a senior member of staff again.

## **Who can I contact with queries and concerns?**

Please contact a member of your consultant's team for more information.

## **Do I need to prepare for surgery?**

Before your operation you will have a pre-assessment appointment with one of our nurses. They will do some tests which may include blood tests, MRSA swabs and an electrocardiogram (ECG). They will ask you questions about your health, medical history and your home circumstances. Please bring with you details of any medication you are currently taking.

We will give you the following information:

- when to stop eating and drinking in the hours before your operation.
- whether you should stop taking your usual medications before going into hospital.
- what to bring with you into hospital.

## **What happens before surgery?**

After your pre-assessment checks, we will give you a date for your operation at King's College Hospital, Princess Royal University Hospital (PRUH) or Orpington Hospital. You will have your procedure either as a day surgery patient, where you go home the same day, or as an inpatient, where you stay in hospital for a while after your operation.

On the day of your surgery, a nurse will admit you and do some checks. You then change into a gown for the operation and are prepared for theatre by our nursing team on the ward.

## **What happens during surgery?**

During your operation you will lie face up. We will put a drip in your arm or hand and the anaesthetist will give you the anaesthetic to send you to sleep.

Sometimes the anaesthetist will also give you a 'nerve block' to your arm and shoulder. This numbs your nerves for a short time to ease your pain after surgery, so you may wake up with a floppy and numb arm. It will fully recover as the anaesthetic wears off.

The surgeon will then do the subacromial decompression, which involves shaving off the bony hook on the acromion that was rubbing on your tendon. This stops it from rubbing and gives your tendon more room in which to glide.

## **How long does the surgery take?**

It usually takes 40 – 60 minutes.

## **What happens after surgery?**

Most patients go home the same day. You will need a chaperone to take you home and stay with you for the first 24 hours after your surgery.

We will give you a sling to wear, for comfort only. We encourage you to do early range of movement exercises; these may be limited by the swelling in your shoulder caused by the operation in the first two weeks after surgery. But you are safe to move your shoulder freely, if it is comfortable, and do things such as dressing yourself.

Your physiotherapist will show you some exercises that you can do to help your recovery. It may take six-nine months before you feel the full benefits of surgery.

## **Follow-up appointment**

We will ask you to come into the outpatient clinic for a follow-up appointment about two weeks after your operation, so we can check your wounds and remove your stitches.

## **How long will I need to take off work?**

It depends on what type of job you do. Any jobs where you do not use your shoulder a lot are safe. You may be able to do typing and computer based work fairly soon after your operation. If your job involves heavy lifting, you may need to take longer off work. Your surgeon will discuss with you when it is safe for you to go back to work.

You may find it hard to sleep straight after your operation. Try lying on your back or on your other side. You can use pillows to support you and make yourself comfortable.

## **Valuables**

Where possible, please do not bring anything of value into hospital with you as we do not have the facilities to lock your valuables away. Our staff will treat your possessions with care, but the Trust cannot accept liability for the loss of personal items.

## **Sharing your information**

We have teamed up with Guy's and St Thomas' Hospitals in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas'. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between the hospitals.

## **Care provided by students**

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.

## **PALS**

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS:

Tel: 020 3299 3601

Email: [kch-tr.pals@nhs.net](mailto:kch-tr.pals@nhs.net)

You can also contact us by using our online form at [www.kch.nhs.uk/contact/pals](http://www.kch.nhs.uk/contact/pals)

PALS at Princess Royal University Hospital, Farnborough Common, Orpington, Kent BR6 8ND:

Tel: 01689 863252

Email: [kch-tr.palskent@nhs.net](mailto:kch-tr.palskent@nhs.net)

If you would like the information in this leaflet in a different language or format, please contact PALS on 020 3299 1844.

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