

Shoulder & Upper Limb Surgery

FAQ'S - MY SURGERY

IF YOU DECIDE TO GO AHEAD WITH SURGERY, YOU WILL NEED TO LEARN WHAT TO EXPECT FROM THE SURGERY. PREPARING MENTALLY AND PHYSICALLY FOR SURGERY IS AN IMPORTANT STEP TOWARD A SUCCESSFUL RESULT. UNDERSTANDING THE PROCESS AND YOUR ROLE IN IT WILL HELP YOU RECOVER MORE QUICKLY AND YOU WILL HAVE A LOWER CHANCE OF HAVING PROBLEMS.

Questions Covered Here

- What if I need Surgery?
- Where can I find more information on my condition?
- What is Consent?
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- What should I bring with me on the day of the operation?
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- How long does the operation take?
- Who will do my operation?
- How long will I have to stay in the hospital?
- What are the back-up medical facilities if something goes wrong during my hospital admission?
- What equipment will be used for my operation?
- What type of anaesthesia will be used and what are the risks of this type of anaesthesia?

What if I need Surgery?

The decision to go ahead with surgery can be difficult and adequate time will be offered to ensure that you understand what is involved. Once you have decided on surgery, you will be consented for the operation. The most suitable hospital and a date will be arranged with Dr McLean's PA. All of the necessary paperwork will be arranged prior to surgery.

Additional information on preparing for surgery can be found at: www.jmclean.com.au/forms

Where can I find more information on my condition?

Additional information, linking to well-recognised North American and British web sites that provide excellent patient explanations of various conditions can be found at: www.jmclean.com.au/patient-education/

Links to professional organisations can be found at: www.jmclean.com.au/useful-links/

What is Consent?

Consent is a very important part of the surgical process. It is the process in which you and Dr McLean have the opportunity to discuss the planned surgery in detail. Dr McLean will explain the natural history of the disease process and the treatment options, including no treatment at all. He will explain the potential risks and complications for the proposed treatment. After this, you can make an informed decision about your proposed treatment plan.

Normally, a signed document outlining the procedure, risks and benefits is completed and filed in your notes. This will be referred to when you are admitted to hospital and prepared for theatre.

Where will the surgery be carried out?

Dr McLean operates at the metropolitan locations listed here - www.jmclean.com.au/contact-us/

Dr McLean also has public appointments at the Royal Adelaide and Queen Elizabeth Hospitals. For your peace-ofmind, Dr McLean only operates at hospitals that have an onsite Intensive Care Unit and have an in-house medical officer available 24-hours a day. Your safety is our priority.

What should I bring with me on the day of the operation?

To avoid disappointment, please ensure you bring all your x-rays and scans (ultrasound, CT and MRI) with you on the day of surgery.

It is important that you bring all of your normal medications, including any medications that you have been asked to withhold prior to your surgery. All patients may be required to wait a few hours before the operation. To help pass this time, it is advisable to bring a book or a laptop computer. Newspapers and magazines are available. We would recommend bringing a pair of slippers and a dressing gown. Patients staying overnight may wish to bring toiletries and a comfortable change of clothes.

DO NOT BRING: Jewellery, large sums of money or other valuables.

Do I have to fast before my operation?

Yes. It is not safe to have food within 6 hours of an operation; water can be consumed up to 4 hours before your operation. For example, if your operation is scheduled for the morning - you should not have anything to eat after midnight, or anything to drink after 04:00am. If your surgery is scheduled for the afternoon (starting at midday), you can have an early breakfast at 06:00am and plain water up until 08:00am.

How long does the operation take?

Put simply:

“You want a good operation, not a quick operation”

– Lee Van Rensburg, Shoulder & Elbow Surgeon

Cambridge University, Cambridge, United Kingdom
Patients are usually off the ward for 2-3 hours. Not all this time is surgery. Time is spent putting you to sleep and waking you up in again. The time taken depends on what procedure you are having done. Most procedures take less than 60 minutes. Some more complex operations can take several hours.

Who will do my operation?

Dr McLean performs all private operations and is assisted by an experienced surgical assistant. Occasionally, for complex cases he is assisted by another experienced Orthopaedic Surgeon.

How long will I have to stay in the hospital?

If you are having key-hole surgery, you will probably be home the same day. This may vary depending on your medical fitness and the anaesthetic (pain numbing/sleeping medication) you are given. Key-hole surgery for stiffness is an exception and normally requires at least 1 overnight stay for pain relief and intensive physiotherapy. Major surgery such as joint replacement surgery will require a short hospital stay.

You will need to consider how you are going to get home and who will be at home to help you.

What are the back-up medical facilities if something goes wrong during my hospital admission?

For your peace-of-mind, Dr McLean only operates at hospitals that have an on-site Intensive Care Unit and have an in-house medical officer available 24-hours a day.

What equipment will be used for my operation?

This is highly variable and depends on your problem and what needs to be fixed. Links to well-recognised North American and British web sites that provide excellent explanations of various conditions can be found at: www.jmclean.com.au/patient-education/

Links to multimedia sources that may be helpful in learning more about your condition and surgery can be found at: www.jmclean.com.au/patient-education/

What type of anaesthesia will be used and what are the risks of this type of anaesthesia?

These questions should be discussed with your anaesthetist before the operation. Generally, most patients will be put to sleep for their operation under a “general anaesthetic”.

Do you still have a question about your recovery that has not been answered within this document?

Please contact Dr McLean's office prior to your surgical date at: mcleanadmin@orthosa.com.au

Sometimes we may miss a question that is important to you. If so, please feel free to leave feedback so that we can improve our service to you and future patients – mcleanadmin@orthosa.com.au

Ask **Dr McLean** to clarify your restrictions prior to surgery to avoid disappointment.

For more information, please see our FAQ link at www.jmclean.com.au/FAQs/