

Surgical treatment (Bankart procedure) of a dislocated shoulder

The shoulder joint is our most mobile joint, and it is supported by a complicated ligament and joint capsule construction to ensure that it remains in place. When a shoulder is dislocated, this support construction is damaged, exposing the shoulder to recurrent dislocations. Additionally, it may cause the arm to go suddenly lifeless, as the shoulder is momentarily partly dislocated.

Procedure

The reconstructive operation is performed under **regional and/or general anaesthesia, and generally using keyhole surgery** through small incisions. The damaged structures are reattached using suture anchors.

Rehabilitation

The operated arm is supported for 3 weeks, so that the shoulder joint is propped into internal rotation. Active exercises of fingers, wrist, and elbow joint are begun immediately after the surgery, while ensuring that the arm stays in internal rotation. You may keep the sling for six weeks as pain management between movement exercises. See the [rehabilitation guide](#) (pdf file in Finnish).

Wound care

After the first 24 hours you can shower.

- A)** No infusor pump: remove the bandages before taking the shower. Redress the wound after showering.
- B)** If an infusor pump for local anesthetic is used you need to keep the wound area dry. You can shower normally the day after the removal of the infusor pump (three days after the operation). First remove the wound dressings.

The sutures will be removed after 7-12 days at your health centre, occupational health centre, or health clinic (neuvola) (_____/ _____ date).You can go to the sauna the day after the removal.

Treatment of pain

The local anaesthesia of the shoulder is a part of the pain relief and lasts for several hours, even up to the evening. At the final stage of the surgery, a thin tube may be inserted into the shoulder. The tube is connected to a pain relief pump ([see the guide for the pain relief system.](#))

Additionally, it is recommended that you **take pain killers regularly for 3–4 days** and after that when necessary:

Paracetamol

Anti-inflammatory

Strong painkiller

Other medication

The shoulder may be swollen after the surgery. **Ice packs and pain killers reduce the swelling and pain, contributing to the recovery.**

Follow-up visit is with the physician after approximately 6 weeks and after that if required.

Sick leave is 2–3 months depending on your occupation.

Contact us

If you experience inflammatory symptoms (increasing pain, heavy swelling, warmth, redness, continuous wound discharge) or other problems, contact your health centre or treating unit.

Day Surgery Unit A2 on working days from 07.00–17.00 tel. **(06) 323 1552**

Emergency Department at other times tel. **(06) 323 1311**

Your own health centre or occupational health centre

We wish you happy healing !