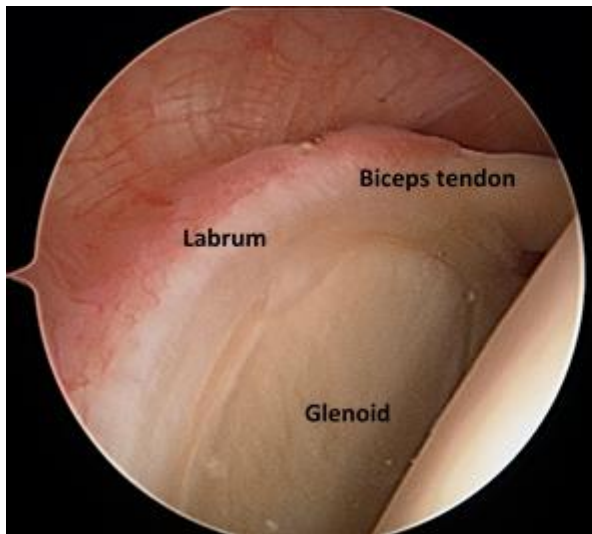


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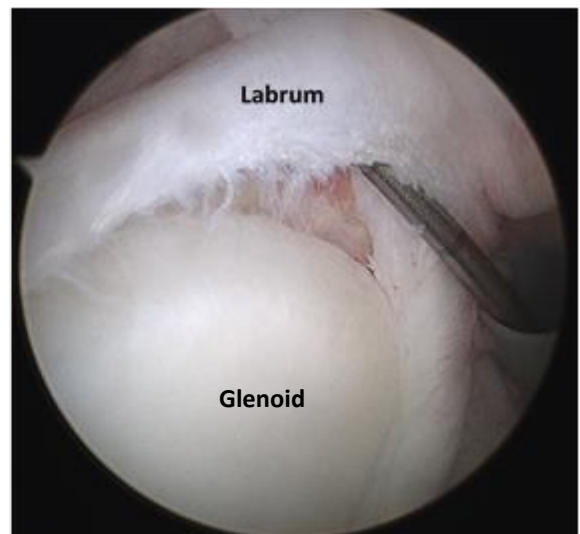
Diagnostic Shoulder Arthroscopy

Indications for Surgery

Patients that have continued shoulder pain after failure of conservative treatment may benefit from arthroscopy. Arthroscopy allows Dr. Chudik to see inside the shoulder and better evaluate what may be the source of continued pain and symptoms. Dr. Chudik recommends diagnostic arthroscopy to patients that have failed conservative treatment including physical therapy, injections, activity modification, and rest. Patients with a history, signs or symptoms consistent with a treatable pathology, and when the MRI is not diagnostic and/or fails to reveal the pathology may be candidates for diagnostic arthroscopy. MRI scans are accurate but even the best quality MRI has a false negative rate and it may fail to show abnormalities that exist in the shoulder. Common pathologies missed by MRIs may include symptomatic labral tears, partial thickness rotator cuff tears, and cartilage injuries. After assisting with the diagnosis, Dr. Chudik can use arthroscopy and special arthroscopic instruments to remedy the problem.



Normal shoulder cartilage and labrum



Superior labral tear seen with arthroscopy
not seen on MRI

Contraindications to Surgery

- Infection of the shoulder
- Inability or unwillingness to complete an appropriate postoperative rehabilitation program
- Diffuse, advanced arthritis



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Potential Surgical Risks and Complications

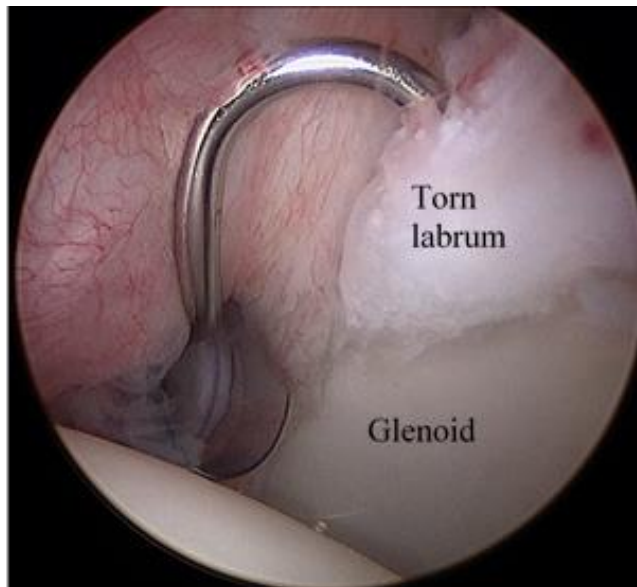
- Infection
- Shoulder stiffness (loss of shoulder motion) if proper rehabilitation is not performed
- Continued pain and progressive arthritis
- Weakness of the rotator cuff if proper rehabilitation is not performed
- Persistent swelling and progression of arthritis

Hospitalization and Anesthesia

- Outpatient surgery (you go home the same day)
- General anesthesia with interscalene nerve block that blocks shoulder pain for up to 24 hours after surgery

General Surgical Technique

Dr. Chudik performs arthroscopic surgery with the assistance of an arthroscope, a small camera, that allows you look inside the shoulder through small incisions. Small arthroscopic probes, shavers, cutting and repair instruments are used to evaluate the shoulder joint and address the problem at the source of the pain and symptoms.



Arthroscopic photo depicting a SLAP repair utilizing an instrument designed by Dr. Chudik to pass sutures arthroscopically



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Post-Operative Course

- Keep the wound clean and dry for the three days following arthroscopic surgery, then you may shower but not submerge the wounds for three weeks.
- You will use an ultrasling for approximately two to six weeks depending on the severity of the damage found in the shoulder.
- Physical therapy should begin two to three days after surgery and continue for approximately three to four months depending on severity. It is crucial to follow through on and maintain a proper therapy schedule.
- Minimize use of upper extremity for approximately six weeks with a gradual progression of activity.
- Depending on the pathology encountered, a sling may be required to protect repaired tissues for up to 6 weeks and full recovery may take up to 6 months or more.

Preoperative Instructions

- Discontinue birth control pills
- Stop blood thinners such as aspirin, Coumadin[®], Lovenox[®], Xarelto[®], Eliquis[®] according to the prescribing doctor's directions
- Stop anti-inflammatory medicines such as ibuprofen, Advil[®], Motrin[®], Naprosyn[®], Alleve[®], etc.)
- Stop nutritional supplements and drinks like Vitamin C, ginseng, ginkgo biloba, etc.
- Stop smoking for surgery and during the first six weeks postoperatively to allow proper tissue healing

Do not eat or drink anything from midnight, the evening before surgery

Scheduling Surgery

Call Dr. Chudik's surgery scheduler at 630-324-0402, or email contactus@chudikmd.com to:

- Schedule the date and location of surgery
- Schedule an appointment with Dr. Chudik's PA to complete pre-operative surgical education and other requirements
- Schedule a post-operative appointment with Dr. Chudik's team to remove sutures and review post-op instructions

Notify My Office if Symptoms Worsen



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