

BANKART SURGICAL REPAIR

DEFINITION

Surgical procedure to repair the ligaments that stabilize the shoulder joint following recurrent dislocations or subluxations.

GOAL OF SURGERY

The goal of surgery is to re-establish normal stability of the joint and maintain a good range of motion. At the time of surgery, the pathology (or damage) identified is addressed. This involves either a repair of the ligaments that run in the joint capsule (Fig. 1 and Fig. 2) that have been pulled off of the edge of the socket (Fig. 3), or to tighten abnormally loose glenohumeral ligaments.

POST OPERATIVE PROTOCOL

Post operatively patients will use a sling for three to four weeks, depending on the case. In most instances the sling can be removed for activities at desk level, such as writing, working on a computer, or hand to mouth activities. It is important, however, that no lifting be done.

You will be discharged with a prescription for pain medication. This will be more effective if the pain medication is taken regularly to get a steady level into the blood stream. Pain can be further controlled by the use of ice to the shoulder. Apply ice 15 minutes out of each hour. If you have a reaction to the pain medication, or if you are unable to reasonably control the pain, call my office or your family doctor.

Leave the dressing intact, and keep clean and dry. It is not uncommon to get bruising around the shoulder from bleeding that occurs beneath the skin. If there is some blood soaking through the dressing, the dressing can be changed using sterile gauze.

You can take a shower/bath if the incision is kept dry. After the first follow-up visit you can have regular showers/baths.

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