

Bankart Repair



Overview

If you have a painful shoulder, you may have a torn labrum. That's a tear of the thick band of tissue around your shoulder socket. A torn labrum can be fixed with a procedure called a "Bankart repair."

Preparation

To start, you are given medicine to make you feel numb and relaxed or to put you to sleep. A few small openings are made in your skin. They are for a special camera called an "arthroscope" and surgical instruments. For some patients, the surgery may need to be done through a larger incision.

Procedure

Next, the surgeon drills a few small holes in the bone along the edge of the socket. Special screws called "anchors" are put into these holes. Stitches pull your labrum to the anchors. They hold the labrum back in its normal place.

End of Procedure and Aftercare

When your surgery is done, the openings in your skin are closed. You are watched for a brief time while you wake up, and then you can go home. Your healthcare provider will give you tips to help you heal.

