

## POSTOPERATIVE INSTRUCTIONS

### Shoulder Arthroscopy

#### DIET

- Begin with clear liquids and light foods (jellos, soups, etc.).
- Progress to your normal diet if you are not nauseated.

#### WOUND CARE

- Keep your operative dressing in place. Occasionally, blood may soak through the bandages. Don't be alarmed, just add a new dressing (gauze) on top.
- Remove the dressing on the 3<sup>rd</sup> day after surgery and apply a dry dressing. Gauze or large band-aids work well.
- Keep your incisions dry until the sutures are removed. Cover with a plastic bag or plastic wrap such as Press N' Seal.

#### MEDICATIONS

- Local anesthetics (pain medications) are injected in the surgical site during surgery. Also, a nerve block by the anesthesiologist may be done just prior to surgery. These medications will wear off within 8-12 hours.
- Most patients will require narcotic pain medication after surgery for several days.
- Side effects of pain medication include: nausea, drowsiness, constipation.
  - Nausea-to help prevent nausea, take medications with food. If you are having difficulty with nausea or vomiting, please contact the office (Gretna: 504-391-7670; Marrero : 504-347-5421).
  - Drowsiness-Be careful in regards to drowsiness and do not drive or operate machinery after taking narcotic pain medication.
  - Constipation-to help prevent constipation take a stool softener, such as Colace® 100mg twice daily. If this does not work you may take a laxative or use an enema if needed. Ask your pharmacist.
  - Unless instructed otherwise, you may take Aleve® 1-2 pills in the am and the pm or Advil® 400mg 3 times per day if needed for pain control. This may also help you wean off the narcotic pain medication.
- Please resume all home medications, unless instructed otherwise.
- With new laws in place, you will need to pick up a paper prescription for any refill of a narcotic pain medication. This medication cannot be called into your pharmacy. **Pain medications will not be refilled after hours or on the weekends.**

#### IMMOBILIZER (SLING)

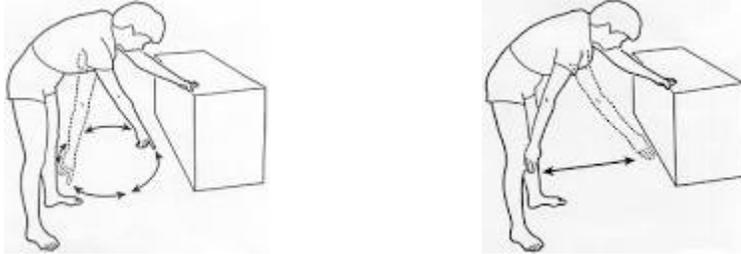
- Wear your sling (and the attached pillow) at all times, except for hygiene and exercises).
- The immobilizer takes stress off of the repaired shoulder.

## ICE THERAPY

- Begin ice immediately after surgery and ice continuously over the bulky dressing. Once the bulky dressing is removed you may ice for 20 minutes every 2 hours. Ice can significantly reduce the amount of pain and swelling you have. Do not put ice directly on your skin.
- The ice machine (cryo-cuff) is a convenient way to ice, but ice packs work as well.

## EXERCISE

- Formal physical therapy (PT) will not begin until the second week after surgery. You will be given the prescription for PT at your first post-operative visit.
- Perform pendulum exercises (leaning forward and letting the arm hang free and swing in slow circles and crosses) 3 times per day. See pictures.

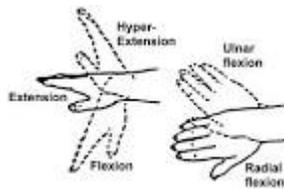


Use a pendulum maneuver to wash your armpit.

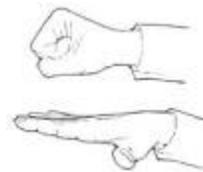
- Also perform elbow/wrist/hand range of motion exercises 3 times per day.
- Do NOT attempt to lift your arm away from your body (keep elbow at side).



Elbow



Wrist



Hand

## ACTIVITY

- Sleeping will be difficult for most people for several weeks after surgery. You may want to sleep in a recliner with a pillow propping your arm or in bed propped up on pillows.
- Do not engage in activities which increase pain/swelling (lifting or any repetitive activities over the shoulder) until cleared by your physician, PA or PT.
- Avoid long periods of sitting (without arm supported) or long distance travel. It is recommended not travel long distances or fly for at least 2 weeks after surgery.
- NO driving until cleared by physician or PA.
- May return to sedentary work or school 3-4 days after surgery as pain permits. Many patients with sedentary jobs take 1 week off from work.

## EMERGENCIES

- Contact the office (Gretna: 504-391-7670; Marrero : 504-347-5421) for any of the following:
  - Painful swelling or numbness, unrelenting pain, Fever over 101°F (it is normal to have low grade fevers after surgery), chills, painful redness around the incisions (a small amount of drainage is expected), excessive nausea or vomiting.
  - If you have difficulty breathing or another emergency that requires immediate attention, call 911 or go to the Emergency Room.
- If you have an urgent situation after hours or on the weekend, call the office at 713.441.3667, to be connected to the answering service. The on-call provider will be contacted.

#### FOLLOW UP

- You will be provided with a post-operative visit date and time in the folder you receive at the time of surgery (**see pink form in your folder**). If you have any questions regarding your post-operative course or appointment, please call the office (Gretna: 504-391-7670; Marrero : 504-347-5421).
- The first visit after surgery is approximately 8-14 days after surgery.