

## SHOULDER ARTHROSCOPY: POSTOPERATIVE INSTRUCTIONS

Diet	<ul style="list-style-type: none"> <li>• Resume regular diet as soon as possible.</li> </ul>
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Medication	<ul style="list-style-type: none"> <li>□ Take pain medication as prescribed.           <ul style="list-style-type: none"> <li>□ Percocet    □ Tylenol #3    □ Vicodin    □ Naproxen</li> <li>□ Other _____</li> </ul> </li> <li>□ You may receive a prescription for a Zofran dissolving tablet. It is for nausea. Fill the prescription <b>ONLY IF</b> you have severe nausea.</li> <li>□ Colace (over the counter) take as directed for constipation</li> <li>□ You may take Advil, Aleve or Motrin over the counter in addition to the pain medication, just do not take additional tylenol</li> <li>□ _____</li> </ul>
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Activity	<ul style="list-style-type: none"> <li>• Minimize activity the day of surgery.</li> <li>• Use cooling machine throughout the day, even though the bandages are thick and you may not feel the cold. You can remove the Cooling pad as needed.</li> <li>• <b>DO NOT USE HEAT.</b></li> <li>• Place a pillow behind the elbow while lying down or sleeping. Sleeping in a more upright position (recliner) may be more Comfortable initially.</li> <li>• Open and close your hand, flex and extend your wrist and elbow. Do each 10 times every hour that you are awake.</li> <li>□ Begin small, gentle circular motions with the arm as tolerated. 30 times clockwise and counterclockwise. 3 times per day. See post-op exercises attached.</li> <li>□ <b>DO NOT</b> actively (on your own) lift your operative arm away from the side of your body or rotate it out away from your body.</li> <li>• <b>DO NOT</b> use exercise equipment unless otherwise instructed.</li> </ul>

- then discontinue.
- Sling  Use a sling for several days,
- Use a sling at all times & while sleeping until your next office visit.

- Showering
- You may shower 3 days after surgery unless told otherwise. **DO NOT** immerse the shoulder under water and **DO NOT** rub the incision. Place new band-aids on the shoulder after showering.
  - You may **NOT** shower or get the dressings wet until after your next doctors visit.

#### Dressing Care

- Keep the dressing dry.
- You can expect some light bloody wound seepage through the bandage. **DO NOT BE ALARMED.** This is normal.
- If the dressing does get soaked with wound seepage:
  - Remove and replace with dry gauze.
  - Call your doctor's office.
- Dressing Removal:
  - Remove all dressings on \_\_\_\_\_ and apply a band-aid over each incision to cover the suture.  
**DO NOT** remove the sutures/or tape (steri-strips) over the incision.
  - If you had a **Pain Pump** placed with your block, you can remove it by gently pulling it out and covering with a clean dry gauze when you no longer feel numbness or when you change your dressings
  - DO NOT REMOVE** the dressings until your next office visit.

- Arthroscopic Findings
- Rotator Cuff:  Intact  Partial tear  Full tear
  - Shoulder joint arthritis
  - Acromioclavicular joint arthritis
  - Joint lining inflammation (synovitis)
  - Labrum (cartilage) tear
  - Biceps tendon tear
  - Loose body
  - Signs of instability
  - Other \_\_\_\_\_



Procedure Performed

- Arthroscopic joint evaluation
  - Rotator cuff debridement (trimming of frayed edges)
  - Rotator cuff repair
  - Subacromial decompression (spur removal)
  - Labral repair/debridement
  - Biceps tendon tenotomy / tenodesis
  - Removal of the tip of the collar bone
  - Stabilization procedure
  - Other\_\_\_\_\_
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Follow-Up

- Call the doctor's appointment scheduling secretary today or the next business day to make a return appointment for \_\_\_\_ days after surgery.
  
- Notify our office if you have:
  - Any fever over 101.5 degrees.
  - Excessive bloody wound seepage.
  - Numbness in your arm or hand.

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SPECIFIC INSTRUCTIONS:

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