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## **POST-OPERATIVE INSTRUCTIONS: SHOULDER ARTHROSCOPY**

**Surgery Performed By:** \_\_\_\_\_ **Surgery Date:** \_\_\_\_\_

### **Follow up Appointment:**

- A follow up appointment should be arranged for you when your surgery was scheduled. Please check your surgery information packet.
- If you do not have an appointment please call the office at 503-661-5388.

### **Diet:**

- Begin with liquids and light foods such as Jell-O and soups.
- Advance as tolerated to your regular diet if not nauseated.

### **First 24 Hours:**

- Be in the care of a responsible adult.
- Do not drink alcoholic beverages.

### **Shoulder Sling:**

- You may be provided a postoperative sling (given prior to your surgery, and is to be taken by the patient to the surgery).
- You should use your sling as directed by your physician, except for changing your clothes and showers.
- You should use your sling when sleeping. Following surgery you may have pain if you try to lie flat. You may be more comfortable if you elevate your head and shoulder 30 degrees (in a recliner or propped up on pillows).

### **Pain Control:**

- Immediately after the arthroscopy, if you had a block, there may be very little pain. This is because your shoulder has been injected with a local anesthetic. Several hours after surgery, this will wear off, and you may begin to feel uncomfortable.
- Strong oral narcotic pain medications have been prescribed for you. Use only as directed. No pain medication is capable of taking away all the pain. Taking your pills at regular intervals will give you the best chance of having less pain.
- If you need a refill PLEASE PLAN AHEAD. We recommend 24-48 hours for refills to be approved.
- Do not combine with alcoholic beverages.
- Be careful as you walk or climb stairs as mild dizziness is not unusual.

### **Wound Care:**

- Maintain your postoperative dressing.
- Remove your surgical bandage on the fourth post op day. Dry the incisions carefully and cover with Band-Aids.
- Keep the incisions clean and dry until your post op appointment. Showers are okay, be sure to avoid direct contact and immersing the incisions in water.
- If there is a problem with bleeding through the dressing, redness, or abnormal drainage please call our office 503-661-5388.

### **Swelling:**

- Your shoulder will display a moderate amount of swelling. This is to be expected.
- To help control swelling, you may ice your shoulder for 20-30 minutes at a time.
  - Options are available for Cold Therapy – which provide icing and compression to help with your post operative pain and swelling.
- Following surgery you may have pain if you try to lie flat. You may be more comfortable if you elevate your head and shoulder 30 degrees (in a recliner or propped up on pillows).
- The swelling may be present for several weeks.
- If you have persistent and/or increasing pain or swelling please call our office at 503-661-5388.

### **Exercises:**

- Begin exercises as soon as possible after your surgery:
  1. **Elbow Motion:** You may have to remove arm from sling. Gently move arm up and down from elbow joint without any movement in the shoulder. Repeat as often as needed.
  2. **Wrist/Hand Motion:** You may have to remove arm from sling. Gently move hand up and down from wrist joint without any movement in the shoulder. Repeat as often as needed.
  3. **Finger Motion:** Gently making a tight fist and then open fingers all the way. Repeat as often as needed.
  4. Shoulder exercises should be done as given to you by your Physical Therapist.
- Formal Physical Therapy may be prescribed by your doctor.

### **When to call your Surgeon:**

- Significant swelling or any numbness in the limb that was operated on
- Unrelenting pain or calf pain
- Fever or chills
- Redness around incisions
- Unusual change in color.
- Continuous drainage or bleeding from wounds (small amount of drainage is expected)
- Any other worrisome condition

### **When to call your Primary Care Physician:**

- Flare up of any of your regular medical conditions

### **When to call 911:**

- Chest pain
- Shortness of Breath
- Any other acute serious condition