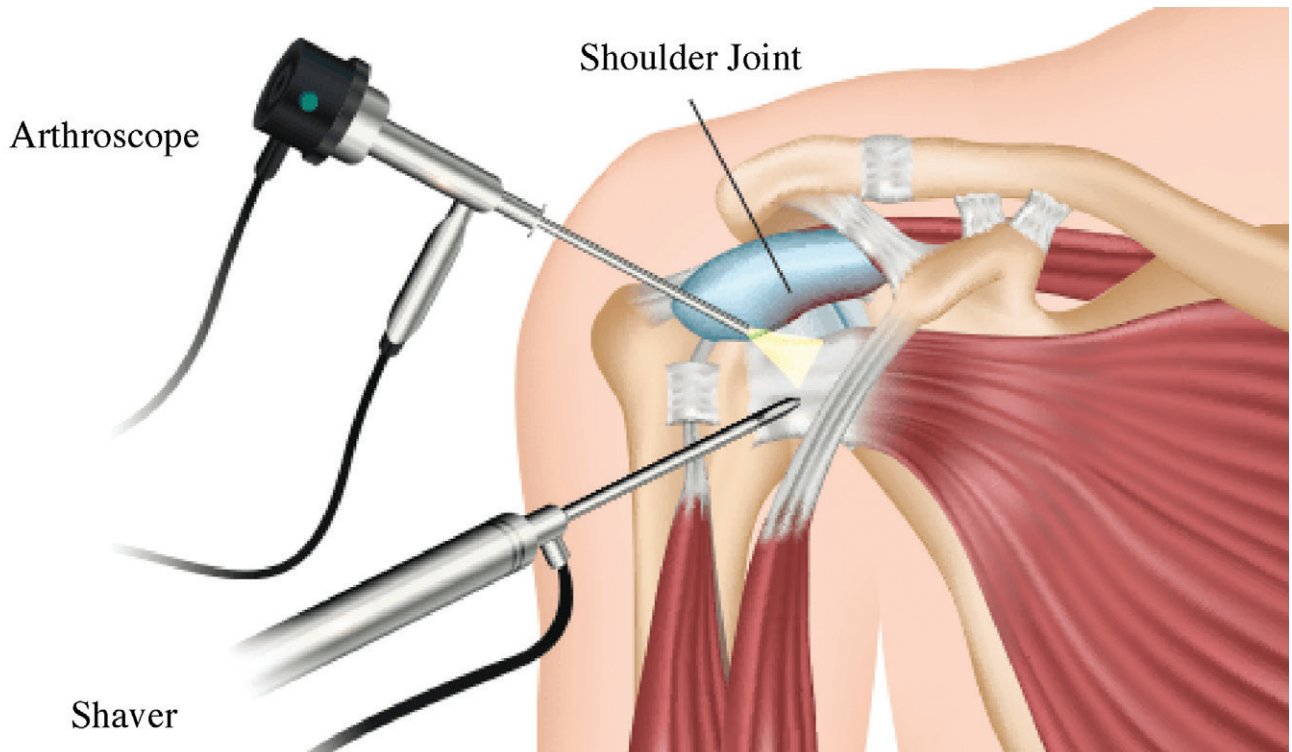


SHOULDER ARTHROSCOPY DISCHARGE INSTRUCTIONS



The following is an outline of instructions and information for post-operative shoulder arthroscopy. Please follow these instructions specifically and if you have any questions, contact the Surgeon.

The Arthroscopic Procedure Done on Your Shoulder Today

1. Shoulder Arthroscopy and Subacromial Decompression
2. _____
3. _____
4. _____

Pain and Swelling

It is completely normal to experience some postoperative pain and discomfort. The severity of the pain depends on the extent of the surgery and individuals pain tolerance. Several steps have been taken to decrease early postoperative pain.

1. The anesthesiologist has given you a nerve block (injection near your neck), to numb your shoulder and arm. This is to help control your pain. Therefore, it is normal to experience some numbness and tingling in your arm and fingers up to approximately 18 hours after surgery. The block typically lasts between 10-18 hours so do not wait for the block to completely wear off before starting your post op pain medication.
2. If you still have pain, you may take oral pain medications prescribed for you by the Surgeon. As stated before, do not wait for the block to wear off before starting your pain medications.
3. It is normal to have a fair amount of swelling in your shoulder after surgery. It may take 3-4 days for the fluid to be reabsorbed by your body. It is normal to see bruising and swelling down your arm from the effects of the surgical procedure.
4. You may experience a mild sore throat from anesthesia, nausea, and possibly low-grade fever (less than 101.5 degree Fahrenheit.)

Ice

You may use the cryo shoulder cuff that was prescribed prior to the surgery. Place this device over you shoulder with a barrier in between (towel, t-shirt) and use for the first 2 weeks usually 20 minutes on and 40 minutes off. Do this as frequently as up to 2 hours a day for the first week. DO NOT place the cooling device directly on the skin!

Bathing

No bathing for the first 48 hours. You may take down dressings after this period and steri-strips can get wet- pat dry with clean towel. No baths, hot tubs, pools for a minimum of 4 weeks after surgery.

Dressing Care

You will wake up with a bulky dressing overlying your shoulder. Keep this dressing clean and dry. No showers for the first 48 hours. After 48 hours you can take this bulky dressing down to the steri-strips (tiny white strips over your incisions)- keep the strips on. They can get wet- pat dry with a clean towel. Steri strips should be left on and they will naturally peel on their own and fall off usually around post op day 10-14. Any excessive bleeding that soaks the dressing should be reported to the Surgeon. Do not place ointments such as Neosporin, etc, on wounds.

Activity

- Ultrasling: Should be worn at all times until further instructed by the Surgeon (typically will be worn full time for four to six weeks). This includes using it while sleeping. Formal physical therapy after surgery will be started per the Surgeon's instruction.
- Sling: Wear sling for comfort purposes. It is ok to come out of the sling to do motion exercises of the shoulder.

Post-operative exercises: These should be performed for all procedures.

1. Pendulum Exercises: Take the sling off. Bend forward at the waist so your arm hangs down and make small, gentle circular motions with the arm as tolerated; 30 times clockwise and counter-clockwise, three times per day.
2. Hand, wrist and elbow range of motion exercises should be started the first day after surgery to prevent stiffness.
3. Start outpatient physical therapy as soon as possible.

Sleeping

Most patients find sleeping in a reclining chair more comfortable until they are out of the sling. Place a pillow behind the elbow while lying down or sleeping.

Driving

No Driving is allowed while the shoulder sling is in place or until cleared by the Surgeon. You must be off all narcotic pain medications for a full 24 hours before driving.

Medications

- Oxycodone 5 mg, 1 tablet every 4-6 hours for pain as needed
- Naproxen 500 mg, 1 tablet every 12 hours for pain and swelling
- Over the counter acetaminophen take as prescribed
- Other: _____

Warnings

Notify the Surgeon immediately if any of the following occur:

- Excessive Bleeding
- Excessive non-bloody wound drainage beyond the first 3-4 days
- Poor pain control even with the post op pain medications on board
- Fever greater than 101.5 degrees Fahrenheit after post-operative day 3
- Increased redness along incision
- Calf pain or swelling

Follow-up with the Surgeon

As Scheduled in 2 week(s) Date of follow up appointment: ____/____/____
Please call to schedule your post-op appointment if not already scheduled or if you have any questions or concerns. After 5 p.m. or on weekends you will be forwarded to our on-call physician.