



General Arthroscopic Surgery Post Op Instructions

- Diet**
- Resume regular diet as soon as possible.
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- Medication**
- Take 1-2 tablets every 4-6 hours as needed for pain.
 - Percocet
 - Vicodin
 - Norco
 - Tylenol #3
 - You have been given a prescription for Phenergan . Fill this prescription **ONLY IF** you have severe nausea.
 - **Restart your daily medication unless you are otherwise instructed**

You will be given a prescription for pain medicine when you are discharged from the hospital. Take the medicine as needed according to the directions on the bottle. Possible side effects include nausea, dizziness, headache, vomiting, constipation and urinary retention. If you experience these side effects please call our office for assistance. Discontinue the medication if you develop a rash, shortness of breath, itching, or difficulty swallowing. If these symptoms become severe you should seek immediate medical attention.

Refills on pain medication are authorized during office hours only(8am-5pm; Mon-FRI.). Meds will not be refilled on weekends.

Activity

- Apply ice, even though bandages are thick and you may not feel the cold. Apply the ice to the shoulder 3 times per day for 20 minutes for the first 1 week until your shoulder is feeling comfortable again.
 - **DO NOT** use heat.
 - **DO NOT** actively (on your own) lift your operative arm away from the side of your body unless you are with your doctor, physical therapist, or athletic trainer.
 - **DO NOT** lift anything with your operative hand.
 - Place a pillow behind the elbow while lying down or sleeping. Sleeping in a more upright position (recliner) maybe more comfortable initially.
 - Open and close your hand, flex and extend your wrist and elbow. Do each 10 times every hour that you are awake.
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Sling

- Use a sling at all times & while sleeping until your next office visit.
 - You may remove your sling if you are sitting with your arm resting in your lap or supported on pillows
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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 over the sutures after showering.
- Do not shower or submerge your shoulder in wate. Keep the dressing and wound clean and dry.

Dressing Care

- Keep the dressing dry.
- You can expect some light bloody wound seepage through the bandage. **DO NOT BE ALARMED.** This is normal.
- * You may pull the pain pump and throw it away when it is empty (when you can see the spring fill the chamber or approximately 48 hours). Drainage may increase when the pain pump is pulled

Dressing removal:

- Remove all dressings 48-72 hours after the surgery and apply a band-aid over each incision to cover suture. **DO NOT** remove the sutures.
 - DO NOT REMOVE** the dressings until your next office visit.
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Arthroscopic Findings

- Rotator Cuff: Intact Partial tear Full tear
 - Bone spur (acromion)
 - Shoulder joint arthritis
 - Acromioclavicular joint arthritis
 - Joint lining inflammation (synovitis)
 - Labrum (cartilage) tear Anterior Superior Posterior
 - Biceps tendon tear/inflammation
 - Loose Body
 - Other _____
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Procedure Performed

- Arthroscopic joint evaluation
 - Rotator cuff debridement (trimming frayed edges)
 - Rotator cuff repair through the arthroscope
 - Rotator Cuff repair requiring an open incision
 - Subacromial decompression (spur removal)
 - Labral repair Anterior Superior Posterior
 - Biceps tendon repair/release
 - Distal Clavicle Excision (Removal of the tip of the collar bone)
 - Joint debridement Labrum Biceps Joint (cartilage) surface
 - Other _____
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