



## INSTRUCTIONS AFTER SHOULDER ARTHROSCOPY

By Vic Goradia, MD

### **USE OF ARM:**

- You may remove your arm from the sling when you are comfortable. The sling is only there for comfort. You will not hurt anything by using your arm, and you should limit your lifting with this arm to 5 pounds.

**Ice:** Apply \_\_\_\_\_ continuously while awake for 2 days, then as needed.

**BANDAGES:** Leave the dressing in place over the shoulder for 2 days. Afterwards you may apply clean gauze or band-aids over the incisions. If you have Steri-Strips (paper tape covering an incision) or glue, leave these in place. Do not apply Neosporin!

### **SHOWERING:**

- You MAY shower after 3 days. Apply clean bandages over the incision after showering.
- DO NOT take a bath or get into a pool or hot tub for 2 weeks after surgery!

**PAIN PILLS:** For the first 24 hours take your pain pills on a regular schedule as noted on the medicine bottle. Shoulder injections given during surgery typically wear off 4-6 hours after surgery and will be associated with increasing pain at that time. This is normal.

### **POST-OP MEDS:**

\_\_\_ Ibuprofen 600mg    \_\_\_ Hydrocodone 10/325    \_\_\_ Phenergan 25mg    Other: \_\_\_\_\_

### **COMMON SIDE EFFECTS AFTER SURGERY:**

- Drowsiness, lightheadedness, and nausea may result from the pain medication.
  - PAIN – You need to be as comfortable as possible, but also understand that no amount of pain medication, ice, or rest will completely remove the pain after surgery.
  - Constipation can be caused by pain medication. Increase your fluid intake, drink fruit juices and take an over the counter stool softener if necessary for constipation. If it persists contact your primary care doctor.
  - Swelling and stiffness about the shoulder are expected for the first several weeks following your surgery. Continuing to ice, use anti-inflammatories, and doing the exercises provided will help this.
  - Mild itching can occur as a result of pain medications. You may try some Benadryl.
-

**SIDE EFFECTS THAT SHOULD NOT BE IGNORED:**

- Difficulty breathing, a severe rash, extreme drowsiness, and nausea that is uncontrolled with Phenergan. If your side effect is life threatening, call 911, if it is not life threatening, contact our office or go to the emergency room for further instruction.

**YOUR FOLLOW-UP APPOINTMENT:** An appointment card will be given to you the day of surgery. If you need to confirm or change the appointment time, please contact the office at (804)678-9000. Please wear loose comfortable clothing to your follow-up appointment. You do not need to bring your ice.

**PHYSICAL THERAPY APPOINTMENTS:** Please make sure you are dressed appropriately for your physical therapy appointments. It is important you are dressed appropriately so the physical therapist can work with you.

**YOU SHOULD CALL THE OFFICE AT (804)678-9000 IF:**

- You notice that your bandages are completely saturated with blood. Some blood on the bandages is okay, however, persistent bleeding is not normal.
- You have a temperature above 101 degrees. Many patients will have an elevated temperature for the first few days after surgery. However, a temperature above 101 degrees is not normal, especially if associated with chills or severe pain.
- You have pain that is not “controlled” with pain medication and ice. The pain medication and ice should help “control” your pain, however, it WILL NOT take away all of the pain.
- Your fingers are cold, numb, or purple. Your hand may swell or feel cool because your arm is immobilized in a sling. It should become warmer as you move around more.
- You have any other concerns or questions.

**DO NOT** operate heavy machinery, drive an automobile or make important decisions while under the influence of anesthesia for at least 24 to 48 hours after surgery or while taking pain medications. You may resume driving when you feel you can do so safely.

COMMENTS: \_\_\_\_\_  
\_\_\_\_\_

Doctor Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_

---