

Post Op Shoulder Arthroscopy Instructions

Instructions:

Activity Level:

Your shoulder is to remain in the sling/pillow except when doing pendulum exercises. Keep your sling on until your first post-operative visit. At that time, we will let you know when it is safe for you to be out of the sling. You will use the sling for a minimum of 4 to 6 weeks depending on the surgery. Do not attempt to drive until released to do so. Do not use the arm for any lifting, pushing or pulling activities. Do not lift arm up on its own without assistance.

Exercises:

Your doctor may have shown you several exercises you can do until your first post-op visit. These include elbow, wrist, hand, and finger range of motion exercises as instructed by your doctor or therapist. Pendulums, table slides and shoulder shrugs are allowed the day after surgery.

Ice/Elevation:

You should apply ice packs or use the polar care/ice man to the shoulder for 15 minutes every 2 hours, after placing a washcloth on the skin/dressing. Some patients find it more comfortable to sleep in. It is normal to have some swelling and bruising.

Dressing:

Keep your dressing clean and dry. A small amount of bloody drainage on the bandage is to be expected. The dressing can be removed 72 hours after surgery. If the wounds are dry, you do not need to cover them. If there is a small amount of drainage, cover them with a dry gauze dressing or band aids.

Bathing:

After 72 hours, and once the wounds are completely dry, you may shower supporting the operative arm with your other arm. Prior to that, you may sponge bathe. Do not soak your incision in water (bath, hot tub, etc.) until 2 weeks after surgery.

Diet:

Drink fluids initially and advance to light foods the first day, as tolerated. You may resume a normal diet after that. Eat plenty of fruits/vegetables with fiber to prevent constipation.

Medications:

Resume your regular medications unless directed otherwise. Take aspirin 325 mg once a day for 1 month post-operatively. If you take baby aspirin, replace it with the 325 mg aspirin for one month. If you take blood thinners consult with your surgeon. Please take your post-operative pain medications as prescribed on the bottle. Do not take on an empty stomach. Guard against constipation by taking a stool



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softener (see constipation protocol). If you are having difficulty controlling your pain with the prescription you have been provided, please contact my office

Deep Breathing Exercises:

- It is important that you do coughing and deep breathing as instructed to keep your lungs open while you heal. If you do not practice deep breathing and coughing after surgery you may develop lung problems, like pneumonia.
- To perform deep breathing exercises, take a slow, deep breath in through your nose. Hold your breath for 2-5 seconds, and then gently and slowly breathe out through your mouth with pursed lips (like blowing out a candle). REPEAT 10-15 times every ½ hour while awake.
- Do not hold back a cough; this is your body's way of clearing secretions from your lungs that can lead to pneumonia.

DO NOT Drive, operate hazardous machinery, drink alcoholic beverages, or make important personal or business decisions for 24 hours after surgery, or while taking your pain medication.

Report these signs immediately to your doctor:

Excessive swelling/redness around your incisions, temperature of 101.5 or higher, excessive pain, excessive drainage of blood or fluid, uncontrolled nausea or vomiting.

Have a responsible adult remain with you for the first 48 hours after surgery. If you have any questions or concerns before your next scheduled appointment, please call my office at 541-472-0603.