

POST-OPERATIVE INSTRUCTIONS

SHOULDER ARTHROSCOPY

Pain Control

- In order to reduce your pain, you have been given a pain medicine block by the anesthesia team as well as pain medication injected into your wound by the surgical team; this will wear off after 8-12 hours
- You may still have some pain or discomfort after your surgery, however
- Most patients will require some form of narcotic pain medication for a short time after their shoulder surgery. Please follow the instructions on the bottle and prescription
 - o You may take 1-2 tablets of Norco (or Percocet) every 4-6 hours as needed for pain (maximum 12 pills/day).
 - o You should try to gradually reduce the amount of pain medication you need over the first 2-5 days following surgery, until you are no longer taking any narcotic pain medication
 - o **Do not take any additional acetaminophen (Tylenol) while taking your Norco**
 - o To further decrease pain, use an ice pack (for 20 minutes every 2 hours) or your ice machine (as directed) until your first post-operative visit. Keep your arm supported while icing.
 - o You may take anti-inflammatory medications (Advil/ibuprofen 400-600mg) in between narcotic doses.
- **Do not drive or operate heavy machinery while taking narcotic pain medication, as it may cause drowsiness and sleepiness**
- You may experience stomach discomfort while taking the narcotic pain medication, especially if taking on empty stomach. If experiencing constipation, take an over-the-counter laxative or stool softener.

Wound care

- Your arthroscopic wounds have 1-2 non-absorbable stitches and are covered by a dry dressing. If you had a biceps procedure, you may have additional sutures near your axilla (under arm) covered by a clear tape. Leave the clear tape on and OK to shower with it on, as it is waterproof.
- It is normal to have some bleeding or draining from the wound immediately after the surgery; if any blood or fluid soaks through, do not be alarmed. You may reinforce with additional dressing
- Keep the dressing dry until your second post-operative day. You may remove the gauze dressing then. Keep the clear plastic tape over your biceps on however, as it is waterproof. Do not apply any lotions or creams onto the wound, and do not soak the wound in water or in a bath. You may shower and let the water run over your wounds but do not scrub the wounds. After your shower, pat the wounds dry and place a bandaid over them.

- Your stitches will be removed at your first post-operative visit, approximately 7-10 days post-operatively. If you have any butterfly strips on, you may leave them on until this visit.

Sling Use and Arm Support

- Stay in your sling at all times (except for hygiene and exercises) until instructed (23.5 out of 24 hours in a day)
 - o If you underwent a **repair** (rotator cuff repair, instability repair, or biceps tenodesis), this may be for 4-6 weeks
 - o If you underwent a debridement (subacromial decompression, biceps tenotomy, or distal clavicle excision **only**), this may be for 2-5 days after surgery
- When sleeping or resting, inclined positions (i.e. recliner chair) and a pillow under the forearm for support may provide better comfort

Activity, Exercises, and Rehab

- You will do home exercises until your first post-op visit. Please refer to your post-op home exercise sheet for these examples. You may begin pendulum exercises, along with elbow, wrist, and hand range of motion exercises 2-3 times per day until the first post-op visit.
- **Physical therapy will be prescribed to you when you get your sutures removed at your first post-op visit**
- No driving until instructed to by physician.
- May return to sedentary work or school 3-4 days post-operatively

Follow-up Care and Emergencies

- Your first post-op visit (7-10 days post-op) will be scheduled prior to surgery. If you do not have an appointment scheduled, please call the clinical phone #(above) right after surgery
- Please call the office to speak with a clinic nurse if you experience any of the following (if after normal business hours please call the answering service right away or go to the emergency room right away):
 - o Painful swelling or numbness (some swelling and numbness is normal)
 - o Redness around the incisions or pustulent drainage
 - o Fever >101 (some elevated temperature is normal for the first 1-2 days)
 - o Continuous bleeding or drainage from the incisions (some initial bleeding/drainage is to be expected post-operatively)
 - o Color change or cold feeling in the distal extremity
 - o Calf pain, shortness of breath, chest pain, or increased heart (pulse) or breathing rate
 - o **Any concerning symptoms or symptoms that require immediate attention, please call the hospital (Henry Ford West Bloomfield) at 248-325-1000 or go to the nearest emergency room right away**

*If you have any further questions, please also refer to the website
(www.ericmakhnimd.com) for more information*