

Discharge Instructions for Shoulder Arthroscopy

Wound Care:

- Keep dressing on for 3-5 days. After removing the dressing, keep wounds covered with fresh band aids.
- OK to get wet in shower after 3-5 days. Do not scrub over the incisions - use soap on your neck and let the soapy water run over your shoulder. Pat dry with a clean towel.
- Apply band aids to portal sites after shower.
- Do not submerge in water until sutures are removed at 2 weeks.
- Sutures will be removed during your first post-operative appointment (10-14 days after surgery)

Activity:

- Sling for comfort for the next 2 weeks
- It is important to understand that you cannot damage the shoulder with normal use in the postoperative period because this operation does not involve *repair* of damaged structures but only involves *removal* of spurs, bursa, and other damaged or worn tissue. Protecting the shoulder is not necessary.
- Use the extremity as pain allows in the postoperative period. Obviously, overuse or exercise during this period will lead to increased discomfort and should be avoided.
- **NO DRIVING** while arm is in a sling or while on narcotic pain medications

Medications:

- Please continue all medications that you were taking prior to your surgery in additions to the medications prescribed for post-operative pain. If you have questions regarding those medications that you were on prior to surgery, please contact your primary care physician.
- Take pain medications as directed.
- If you feel the narcotic pain medication is too strong, you may use ibuprofen or acetaminophen instead.

Ice:

- Use cold therapy/ice pack for first week.
- Apply ice to the shoulder for 20 minutes every 4-6 hours.
- Ice or cold pack should never be applied directly on the skin as this may cause skin injury. A cloth or towel should always be used as a barrier to protect the skin.

Diet:

- Resume a normal diet.
- If your stomach is upset, try bland, low-fat foods like plain rice, broiled chicken, toast, and yogurt.
- Drink plenty of fluids.
- Often the pain medication causes constipation, if this occurs you may try an over the counter laxative / stool softener (such as Colace or Senokot) or take a fiber supplement every day.



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Follow-up Appointments:

- Your first post-operative appointment will in 10-14 days for suture removal.
- If you do not have this appointment set up, please call the appointment line

When to call for help:

Call 911 anytime you think you may need emergency care. For example, call if:

You pass out (lose consciousness).

You have severe trouble breathing.

You have sudden chest pain and shortness of breath, or you cough up blood.

You have severe nausea or vomiting.

Call the office if:

You have pain that does not go away after you take pain pills.

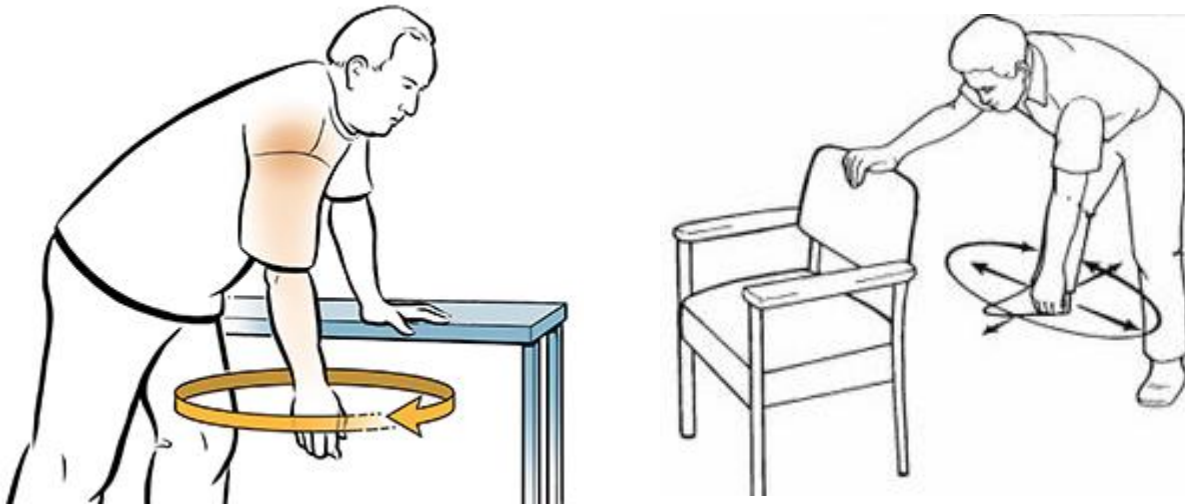
You have a fever over 100.4°F.

You have loose stitches, or your incision comes open.

Your incision keeps bleeding 3 days after your surgery.

You have signs of infection, such as redness around incision or pus draining from your incision.

Discharge Instructions: Doing Pendulum Exercise



Stretching exercises for your shoulder, such as the pendulum exercise, can improve flexibility, increase range of motion, and reduce pain. Remember to breathe normally when you exercise and try to use smooth, fluid movements.

Remember to do your pendulum exercises three times per day. Spend about 10-15 minutes per session on these exercises.

1. Bend over at the waist letting the affected arm hang down at your side. Place your non-operative arm on a table or chair to support and balance your body. Gradually lean over until your operative arm is hanging almost perpendicular to your body.

2. Sway your body back and forth, using the weight of the arm and gravity to generate small movements at the surgical shoulder. First move the arm side to side, then move the arm forward and back. Finally, move the arm in small circles clockwise and counter-clockwise. As your shoulder loosens up you can slowly make the circles wider.

It is important to be relaxed and allow the shoulder and arm to move smoothly and slowly. Don't force any movements, allow them to happen as your shoulder loosens. Remember to move your elbow and wrist through their full ranges of motion at least



three times per day, out of your sling, to prevent stiffness and help reduce any swelling in the operative arm.