

## **POST OPERATIVE PATIENT INFORMATION FOR SHOULDER ARTHROSCOPY**

**BANDAGES:** The bandage applied to your incisions may become moist or bloodstained, however this is normal and results from fluid placed in the joint during surgery. If your bandage becomes saturated with bright red blood, please call me. Keep this dressing in place for 72 hours. You may then remove the bandage and shower, but do not soak or submerge the joint (such as in a bath or spa) until 4 weeks postoperative. **Do not remove the tapes** overlying your incision. After showering, please apply band-aids to each incision. It is normal to have some swelling, drainage and minor redness at the incisions.

### **ACTIVITY:**

- You may move your arm about at your side as comfort allows immediately after your surgery. Remove your arm from the sling several times a day to bend and straighten your elbow to prevent stiffness. Do not raise your arm (using its own muscle strength) more than **30** degrees away from your body as this may pull on the sutures used to repair your shoulder. In order to clean under your arm or to put on a shirt, you may lean toward the affected side, allowing the arm to swing out and away from your body. Wear your sling when sleeping to protect your repair. When sitting up in a chair during the day, you may remove your arm from the sling and lay it in your lap or at your side. Do not use the arm we repaired to lift, carry, push or pull anything.

Note: If you find it uncomfortable to lie flat for sleep after surgery, it may be more comfortable to sleep in a recliner chair or to prop yourself up in bed with pillows in a "recliner chair" position.

**PAIN CONTROL:** Because your shoulder will be uncomfortable after your surgery, a local anesthetic has been injected into your incisions which should provide pain relief for several hours. It may also produce some temporary numbness in your shoulder or arm. Use the cooling device/ice packs as much as possible for the first 72 hours after your surgery. You have been provided with medication for pain relief; use it as instructed and please take it with food to avoid stomach upset. If the medication gives inadequate relief or you run out, please call my office during office hours. During your post-operative recovery, please keep track of how much pain medication you have remaining to ensure that you have sufficient medication for any upcoming weekends or holidays, as prescriptions are difficult to renew on weekends. You may also take ibuprofen as directed, which can be obtained over the counter.

**PRECAUTIONS:** If you develop a fever of 101 degrees Fahrenheit or greater, if the pain you feel is much greater than expected, or if you develop severe redness and swelling, please call my office. (In most some redness and swelling about the incisions, but I am referring to more than you would expect.) If you develop a reaction to the pain medication provided, stop taking it and call my office. Please avoid direct sunlight on the incisions until the scars are no longer red.

It is appropriate to remind you that although the incisions are small, you have had a major procedure within your shoulder joint. Complete healing and recovery with a graduated rehabilitation program will be initiated and modified as necessary based upon your individual rate of healing and recovery.