

ARTHROSCOPIC SHOULDER SURGERY

DISCHARGE INSTRUCTIONS

PAIN: Your pain medication will be sent electronically to the pharmacy you provided to us. Take these medications as prescribed. Do not combine the medications that we prescribe with any other pain medications or muscle relaxants. Do not drive while taking the pain medications. Do not drink alcoholic beverages while taking pain medication. Pain medication can sometimes cause constipation. We recommend over-the-counter medications from your nearest pharmacy to treat constipation.

NAUSEA: It is not unexpected to have nausea and sometimes vomiting as a side effect of anesthesia. If necessary, you will be given a prescription to help the nausea. Take the anti-nausea medicine every 6 hours if needed. Slowly resume your regular diet as tolerated.

DIET: Slowly resume your regular diet as tolerated.

CONSTIPATION: The pain medication can sometimes cause constipation. We recommend over-the-counter medications from your nearest pharmacy to treat constipation.

ACTIVITY: You may bend and straighten your fingers, wrist, and elbow. Do not raise your arm up or away from your body on your own. Do not carry anything heavier than 1 pound with your operated arm.

SLING: A sling is necessary to support the arm. Wear the sling at all times. You may remove the sling for showering or to put a shirt on. You may bend and straighten your fingers, wrist, and elbow. Do not carry anything more than 1 pound with your operated arm. Do not use your arm to push yourself up from a chair. Do not lean on your elbow.

ICE PACK: You should place an ice pack up to 1 hour, four times a day for at least 3 days after surgery. Place a towel between the ice pack and the skin so the ice pack is not directly touching the skin. The ice pack will help reduce swelling and pain.

WOUNDS: Remove your bandage at home 3 days after surgery. There is no need to apply additional bandages as long as the wounds are dry. If the sutures get caught on your clothes and become bothersome, you may apply bandaids to cover the sutures. The incisions may be sore, swell and develop bruising over the next several days. This will go away and no special care is needed.

BATHING: It is safe to take a shower 3 days after surgery. To bathe, remove the sling and leave your arm by your side. To wash under your armpit, lean over and let the arm fall away from your body. **DO NOT** raise your arm! Do not scrub the incision sites just allow water to run over them. Your hand and forearm skin may be dry and peel due to the strong disinfectant soap we use at the time of surgery.

PRECAUTIONS: If you have a temperature greater than 101.5 degrees, severe pain, or redness in your shoulder, please contact the office.

FOLLOW-UP: Your follow up appointment has already been made. If you are unsure of the date please call the office to confirm/clarify. You will receive a prescription for physical therapy at your first appointment after surgery.