

DISCHARGE INSTRUCTIONS FOR SHOULDER ARTHROSCOPIC SURGERY

Remember to re-read these after your surgery

DRESSINGS:

Shoulder dressings may be removed 24 hours after surgery for showering. You may cover the stitches with Band-Aids upon removing the larger bandage. It is normal to see bloody drainage on the bandages.

SHOWERING:

Showers are acceptable after the bandage has been removed. Do not however, use a bathtub, Jacuzzi or otherwise submerge the shoulder underneath water. After showering, gently pat the surgical area dry and re-apply the Band-Aids.

SWELLING:

It is common to experience temporary swelling around the shoulder and arm. This may include black and blue bruising in the chest and lower parts of the arm. To minimize swelling utilize an ice pack and practice moving the elbow, wrist and hand to "pump the swelling" out the arm.

ICING

Safe use of an ice pack contributes to pain relief and reduction in swelling. You can apply ice as often as needed on top of your dressing during the first postoperative day. After your dressing is removed, ice can be applied for 20-minute periods, 3-4 times per day. Please have a barrier between the ice pack and your skin to prevent frostbite.

RELIEF OF PAIN:

Most patients are prescribed the following medications. These medications may be used together and should be taken as instructed on the pharmacy bottle:

Mobic – an anti-inflammatory (NSAID) to help relieve pain and swelling (please do not take and notify us if you have a sulfa allergy)

Norco or Percocet – a narcotic pain medication (hydrocodone or oxycodone) combined with acetaminophen (generic form of Tylenol)

Tylenol – may be used in place of pain medication (Norco/Percocet) for mild pain. Please note that the maximum daily dose of Tylenol is 4000 mg.

ECASA – coated aspirin – ECASA 325 mg daily for 10 days may decrease the unlikely complication of blood clots (DVT) and pulmonary emboli. Early movement and mobilization may also decrease this risk. If you have a personal or family history of clotting

please discuss with our office and your internist as additional medications may be indicated.

Do not take strong medication on an empty stomach. Do not drink alcohol or drive while taking a prescribed pain medication.

DIET:

The day of surgery, drink lots of fluids and eat soft, nutritious foods. An adequate diet is essential for the healing process.

NAUSEA & VOMITING:

Although unusual, both can be experienced after anesthesia in surgery. If you have a tendency for this, please discuss it with the anesthesiologist. Otherwise it is usually alleviated with a clear liquid diet.

ACTIVITIES:

A sling has been provided to you and should be used for comfort throughout the first week. You may remove the sling several times per day to bend and straighten the elbow as well as perform hand exercises including opening and closing the fist. You will receive further instructions regarding use of the sling at your first postoperative appointment.

POSTOPERATIVE OFFICE VISIT

Your first post operative visit should already be arranged. If not, please call our office during regular working hours to schedule your post op visit.

EMERGENCY:

Please call 911 if you have a life-threatening emergency. If you have any concerns or questions after business hours, please call the office and you will be connected with the doctor on call.

IF YOU HAVE ADDITIONAL QUESTIONS OR IF PROBLEMS SHOULD DEVELOP, DO NOT HESITATE TO CONTACT US.