



## PATIENT POST-OPERATIVE INSTRUCTIONS

### Shoulder Arthroscopy

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#### 1. DRESSINGS AND SUTURES

- The dressings on your shoulder should be left in place and kept dry for 3 days.
- After 3 days you can remove your dressings and shower normally but do NOT scrub the incisions.
- Apply Band-Aids over the incisions to help them heal once the initial dressing has been removed.
- Do NOT soak the shoulder (ie. hot tub / bath, etc) until your wound is healed.

#### 2. ACTIVITY

- Activity allowed in the immediate post-operative period will be specified by Dr. Ghattas based on your specific procedure.
- Keep the shoulder immobilized in the sling at all times until your first follow up appointment, unless instructed by Dr Ghattas to remove the sling and begin range of motion exercises.
- We encourage you to allow the elbow to extend and elbow, wrist and hand motion to avoid stiffness in the elbow.
- You may find it more comfortable to sleep in a recliner with a pillow behind the elbow.

#### **Elbow and Wrist Flexion and Extension**

Remove your arm from your sling and gently bend and straighten your elbow and wrist to prevent stiffness – repeat this as many times as possible throughout the day.

#### 3. PHYSICAL THERAPY

- You will be provided with a detailed PT protocol, which you should bring to your physical therapist. Your protocol will depend on the specific procedure performed.
- Your first physical therapy session with a *registered physical therapist* will be determined on your first post-op visit.
  - Take your PT prescription and Dr. Ghattas' physical therapy protocol to your first physical therapy visit.
- It is recommended that you attend physical therapy 2-3 times per week for the first 4-6 weeks after surgery, with exercises performed daily at home.



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#### 4. PAIN

- Local anesthetic has been placed into your shoulder – this will wear off in 6-8 hours after surgery.
- You have been provided with a prescription for several different pain medications that when used together will provide the most effective pain relief after your surgery.
  - Read each bottle carefully and follow instructions:
    - 1) Zofran 8mg – 1 PO 6 hours PRN for nausea and vomiting
    - 2) Percocet (5mg/325mg) – 1-2 tabs PO q4-6 hours as needed for breakthrough pain (60 (sixty) tabs total).
    - 3) Colace (Docusate) – 100mg PO twice a day x 21 days
    - 4) Metaxalone (Skelaxin)- 800mg PO three times a day for muscle spasms as needed
- Once you no longer require Percocet for pain control, switch to Extra-Strength Tylenol as required, but do not take Tylenol with the Percocet.
- Use an ice pack or cold therapy delivery system for 20 mins every hour while awake to help with pain and swelling.

#### 5. BLEEDING AND SWELLING

- It is common to have some spotting through the dressings following surgery. Place an additional dressing over the area if this occurs.
- The incisions may continue to “leak” fluid after removal of the initial dressing – this is common and should not raise concern. Place an additional bandage or Band-Aids over the incisions to help them heal. Keep the incisions clean and dry.

#### 6. DIET

- Resume your regular diet following surgery – drink plenty of fluids!
- Add additional fiber to your diet to help relieve the constipation associated with the pain medication.
- If you have diabetes, it is very important to maintain normal glucose levels after your surgery.

#### 7. RED FLAGS

- Complications after Shoulder Arthroscopy are very rare but can occur. If you develop any of the following symptoms go to your nearest emergency department for assessment:
  - Increasing calf pain / swelling that does not improve with elevation and ice
  - Shortness of breath
  - Chest pain
  - Redness and purulent drainage around the incision

#### 8. POST-OPERATIVE VISIT

- Your first post-operative visit is scheduled for: \_\_\_\_\_

