



Postoperative Instructions for Outpatient Shoulder Arthroscopy

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GENERAL POSTOPERATIVE INSTRUCTIONS:

1. You may feel dizzy, lightheaded or sleepy for 12 to 24 hours after your operation. This is normal and may increase with the use of pain medication.
2. Do not drive, transact legal business, care for a dependent person, or take public transportation alone for 24 hours after surgery. Do not drink alcoholic beverages for 24 hours, or for as long as you are taking prescription pain medication. In addition, someone must stay with you until the morning after surgery, or longer if required.
3. Begin with a light diet. Avoid fatty or spicy foods. Drink plenty of liquids. If not nauseated, you may progress to your regular diet as instructed by your doctor.
4. Pain is usually relieved by mild pain relievers.
5. Take only sedative and/or analgesic medications as prescribed by your physician for the first 24 hours after surgery. Blood pressure, diabetic and cardiac medications should be taken unless instructed otherwise. **Please DO NOT take any Tylenol® in addition to the narcotic prescribed.**
6. Call my office at (559) 432-3374 for any temperature over 101° Fahrenheit, or for any unusual reactions, such as severe pain, excessive bleeding, persistent bleeding, chills, persistent nausea or vomiting, rash, you have not urinated within 8 hours, or if your operated extremity becomes cold to touch, blue, tingling, numb or has excessive swelling or pain.
7. A follow-up call will be made by a Recovery Room nurse in 24 hours to check your progress.

SPECIFIC INSTRUCTIONS:

1. Keep your dressings in place until you are seen in the office.
2. Apply ice to the area for 15 to 20 minutes, three to four times daily.
3. You may shower and get your wound wet after the sutures have been removed. Prior to that time, please cover the area with Saran wrap or other such waterproof coverings.



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4. [] **DEBRIDEMENT, SYNOVECTOMY, AND/OR SUBACROMIAL DECOMPRESSION, AND/OR ACROMIOPLASTY:** In the morning after surgery, you may begin moving your shoulder as tolerated. Gentle passive range of motion can progress to active range of motion as tolerated. Our goal is to regain as much of your normal motion as quickly as possible. This should occur over the course of one or two weeks. Once full motion is obtained, we progress to gentle strengthening. Your physical therapist should be involved by that point to supervise this process:
 - [] **ROTATOR CUFF REPAIR:** Keep the arm in the sling with the bolster in place. If you need to remove the sling, you must support your operated extremity with your other (non-operated) arm. It is important that you keep your dressing in place, and keep the area clean and dry until your postoperative appointment in my office.
 - [] **SLAP OR LABRAL REPAIR:** Keep the sling with bolster on while sleeping. You may remove the sling during the day. It is important that you keep your dressing in place, and keep the area clean and dry until your postoperative appointment in my office.
5. Any sutures that are present will be removed in the office at your postoperative visit.
6. The timing of your return to work is individualized. Please discuss this with me or one of my staff.
7. Call my office at (559) 432-3374 and make an appointment for _____.
8. Please do not hesitate to call my office at (559) 432-3374 if you have any questions or problems.
9. Should you develop an urgent problem and cannot reach me, go to an emergency room or call 911.