



Postoperative Instructions Following Shoulder Arthroscopy (Acromioplasty, Rotator Cuff Repair, SLAP repair, Bankhart Repair)

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Medications:

Preoperatively, you were given a nerve block that numbs your shoulder for 12 to 24 hours. You have been given two prescriptions. The first is Naprosyn. This is an anti-inflammatory medication that I use to help minimize the swelling in order to facilitate an early return to motion. The Naprosyn should be taken as directed until you finish the prescription, usually about 10 days. If you develop stomach irritation, stop the Naprosyn and call my office to let me know. A second medication is called Norco (contains Hydrocodone and Tylenol). This is a narcotic that is solely for pain. This should be taken as needed, not regularly. It can also irritate the stomach and cause constipation. The quantity given to you should be more than enough. In fact, after a few days, most patients feel that they can switch over from the Norco to just extra strength Tylenol which I would encourage. The Norco should be started before bedtime whether or not you are having pain. This will help to stay in front of the pain when the block wears off.

Dressing removal and bathing:

Gently remove the dressing on postoperative day #2 (If your surgery was on a Tuesday, postoperative day #2 is Thursday). Keep the incision sites covered with band-aides for another 3 days. Use an ice pack over the shoulder for ½ hour intervals 3 times a day (A bag of frozen peas works fine). You may shower on postop day #3. Let the water run over the wound. Gently pat the area dry. Do not soak the shoulder in water or go swimming until your sutures are removed (10-14 days post-op). Following the first shower, the incisions can be left open to air and you do not have to replace the band-aids.

Activity:

You should remain in the sling at all times and not attempt to move the shoulder until further instructed in your initial postoperative visit. It is ok to move your elbow, wrist, and fingers as tolerated.

Follow-up:

Your initial postoperative visit is typically about 3-6 days after your surgery. We will go over the findings at the time of surgery, initiate your physical therapy, and answer all of your questions. Your sutures will be removed 12 of 14 days after the surgery.

Physical Therapy:

At the time you schedule your follow-up appointment with me, you should try to coordinate your first visit with physical therapy. I prefer patients to rehabilitate in my physical therapy, Chevy Chase Orthopaedics and Rehabilitation (CCOR). The phone number for CCOR is (301) 654-5600. These are the therapists I work most with and are most familiar with my patients and protocols. If CCOR is not convenient for you, let me know and we can make arrangements at another facility.

