



## Shoulder Arthroscopy Post-Operative Instructions

### Day of Surgery

#### Activity

1. Do not drive, operate machinery, consume alcohol, tranquilizers, sign legal documents for 24 hours or as long as you are taking narcotic pain medication.
2. Do not plan on going to work or school today, go home and rest.
3. Apply ice or cooling pad to shoulder for 45 minutes to 1hr, three times daily.
4. In addition to pain control, the block can cause motor weakness of the arm, so keep the sling on for the first 24 hours.
5. You may remove the sling after 24 hours, when seated at a table, or resting in a chair. You should keep the sling on when sleeping and when walking around.
6. Sleeping after shoulder surgery can be difficult. Sleeping in a partially reclined position as in a recliner or propped up under pillows seems to work best.
7. You may actively move your arm at the elbow only. You can use your nonoperative arm to passively move the operative one to bathe, perform hygiene, and get dressed.

#### Wound Care

1. Keep the dressings dry and intact for 72 hours.
2. Apply ice or cooling pad to shoulder for 45 minutes to 1hr, three times daily.
3. May remove the outer dressings after 3 days to get the shoulder wet.
4. Do not scrub directly over the shoulder, rather scrub on the side of the neck, and top of the shoulder, to allow the soapy water to drip over the incision sites.
5. Allow the water to wash directly over the incision sites and pad lightly dry with a towel.
6. May cover the surgical incision sites with Band-Aids.

#### Medications

1. Once you are released from the surgery center, begin taking the pain medication at prescribed intervals. Once your pain is under better control, you can consume on an as-needed basis.
2. It is best to take the pain medication 20-30 minutes prior to any activity to reduce the intensity of the pain once it begins.
3. It is important to eat some food every time you take narcotic pain medications. If you do not, you are more likely to have nausea and dizziness.
4. Please contact Dr. Marc E. Rankin at the office at (301) 657-9876 Monday through Friday 9:00am to 4:00pm if you are running low on medication. *\*Please do **not** wait until Friday afternoon, as we may not be able to fill your prescription until Monday. Over the weekend, the on-call physician will **not** call in medication.*



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### Diet

1. Begin with liquids, advance to soft foods as tolerated, then a regular diet.
2. It is important to eat some food every time you take narcotic pain medications. If you do not, you are more likely to have nausea and dizziness.
3. Narcotics cause constipation, so increase your intake of fluids, along with fruit and fiber in your diet.

### Symptoms to report immediately

1. Excessive bleeding or draining, especially bright red bleeding that soaks all the way through your dressing (some spotting or pinkish drainage is common).
2. Excessive swelling, not relieved by rest, elevation, and ice.
3. Excessive or unbearable pain (unable to sleep, eat, or hold a conversation).
4. Itching, accompanied by hives, welts, or a rash which may signal an allergic reaction.
5. Flulike symptoms (nausea, general body aches, chills, or sustained fever greater than 101.5° despite taking Tylenol or Motrin (Ibuprofen)).
6. If you have shortness of breath or chest pain **call 911 immediately**.

### **Follow up appointment**

\*Your scheduled follow-up appointment with Dr. Marc E. Rankin is in 5-7 days, please call the office at (301) 657-9876 to confirm the appointment date and time.