



## **DISCHARGE/POST-OP INSTRUCTIONS: SHOULDER ARTHROSCOPY**

Medication given may have significant effects after discharge; therefore, on the day of surgery:

1. **You must be accompanied** by a responsible adult upon discharge and for 24 hours after surgery.
2. Do not drive a motor vehicle, operate machinery, power tools or appliances, drink alcoholic beverages, or make critical decisions for 24 hours.
3. Be aware of dizziness that may cause a fall. Change positions slowly.
4. **EATING**: You may resume your regular diet but it is better to increase intake slowly with liquid and work up to solid foods.
5. **PAIN**: You may have been given a prescription for medication. Begin taking your pills as soon as pain returns. If this medication does not provide adequate relief, call your surgeon.
6. **NAUSEA/VOMITING**: Nausea and vomiting may occur as you become more active or begin to increase food intake. If this should happen, decrease activities and return to liquid. If the problem persists, call your surgeon.
7. **URINATING**: Notify your surgeon if you have not urinated within 12 hours after discharge.
8. **SLING**: Wear the sling for the first 3-4 days for comfort and then gradually wean from sling. Goal is to be “sling-free” by 7-10 days from surgery.
9. **SENSATION**: If you had a nerve block it is normal to have numbness/tingling in the first 2 days.
10. **EXERCISES**: Perform **pendulum exercises** for 2-3 minutes, 3-5 times daily. To do this take the arm out of the sling, let it hang loosely by your side, lean slightly forward, and allow the arm to gently sway from side to side (like a pendulum). Once pain is improved, you can do gentle active and active-assisted (help with the other arm) elevation and rotation of the shoulder.
11. **SURGICAL DRESSING**: Leave in place for 3 days. Then remove the dressing and place band-aids over the incisions. Keep dressing / incisions dry.
12. **SHOWERING**: You may shower after the dressing is removed and if there is no leakage from the incisions. Use soap and water, but do not scrub the surgical area. Pat the shoulder dry after the shower.
13. **PHYSICAL THERAPY**: TRY TO START PHYSICAL THERAPY WITHIN 5 DAYS. Call the office if you lost the prescription.
14. **FOLLOW-UP APPOINTMENT**: Please try to schedule this appointment 10-14 days after surgery

Call your surgeon if:

- a. You have any questions.
- b. Temperature is 101 degrees or above.
- c. You experience chills or night sweats.
- d. Increased bleeding, swelling or pain.
- e. Signs of infection – redness, foul odor or purulent drainage (pus).
- f. Operative extremity becomes cold, blue, tingly or numb.

**\*\*\*Extra caution must be used in dealing with an extremity with a block\*\*\***

**IN CASE OF EMERGENCY DURING NORMAL BUSINESS HOURS (8am-5pm):**

- Please call our main line (866-670-OUCH) to get in contact with your surgeon’s office.

**IN CASE OF EMERGENCY AFTER NORMAL BUSINESS HOURS:**

- Please call your surgeon’s direct office line and speak to the service. They will get in contact with him directly if you are not helped by the on call doctor.