

## **SHOULDER ARTHROSCOPY DISCHARGE INSTRUCTIONS** (rotator cuff, debridement, labral repairs)

### **DIET**

- Begin with clear liquids and light foods (jellos, soups, etc.)
- Progress to your normal diet if you are not nauseated

### **WOUND CARE**

- Maintain your operative dressing for 5 days.
- To avoid infection, keep surgical incisions clean and dry – you may shower by placing a large garbage bag or saran wrap over your shoulder area starting the day after surgery.
- Please remove the dressing after 5 days. You can place waterproof bandaids/dressing/opsites over the incisions and can then shower. NO immersion of operative shoulder until 3 weeks after surgery (i.e.bath).
- Please keep the arm pit dressing on if you had biceps tenodesis till follow up appointment.

### **MEDICATIONS**

- You may elect to have a nerve block during your surgery which can help decrease your postoperative pain– this may wear off within 8-12 hours after surgery. Most patients will require some narcotic pain medication for a short period of time – this can be taken as per directions on the bottle that will be prescribed by your doctor and be at the pharmacy you requested. Use your narcotic medication wisely because after 2 weeks over the counter medications only will be prescribed given current DEA scrutiny.
- Common side effects of the pain medication are nausea, drowsiness, and constipation – to decrease the side effects, take medication with food – if constipation occurs, consider taking an over-the-counter laxative
- If you are having problems with nausea and vomiting, contact the office to possibly have your medication changed.
- Do not drive a car, operate machinery, or drink alcohol while taking the pain medication
- Resume your normal medication the day after surgery

### **ACTIVITY**

- Do not engage in activities which increase pain/swelling
- It is ok if you take your arm out of the sling if you support it with your other arm to passively move your wrist and elbow, but **no shoulder movement** until your therapist shows you what is safe.
- **Physical therapy**-your doctor will discuss with you when to schedule an appointment
- **Return to work** when your doctor recommends and you feel safe.
- **Driving**-you should not drive if you are in any restrictive device/brace/sling, ultimately the decision of safety is up to you.

### **BRACE**

- Depending on type of surgery, the time of sling usage will be determined by the physician.
- Wear your sling when you sleep at night.

## **ICE THERAPY**

- Begin immediately after surgery
- Use every 2 hours for 20 minutes daily until your first post-operative visit – remember to keep barrier between your skin and the ice device

## **WHEN TO CALL YOUR DOCTOR**

- Contact are office if any of the following are present:
  - Painful swelling or numbness
  - Unrelenting pain
  - Fever (over 101° - it is normal to have a low grade fever for the first day or two following surgery) or chills
  - Redness around incisions
  - Color change in operative extremity
  - Continuous drainage or bleeding from incision (a small amount of drainage is expected)
  - Difficulty breathing
  - Excessive nausea/vomiting