

SHOULDER ARTHOSCOPY

Post-Operative Instructions



Rotator Cuff Repair / Subacromial Decompression / Distal Clavicle Excision / Extensive Debridement

DAY OF SURGERY

- 1) Use the sling provided. You should remove the sling at least 3 times a day to move your elbow up and down, be sure to keep your arm at your side, then put the sling back on. **Wear your sling 24 hours a day** until your first appt, even while sleeping. Do not detach the pillow from the sling. If you did not have a rotator cuff repair, you can remove your sling when sensation returns to your entire arm after surgery.
- 2) **Avoid leaning on the arm and do not lift any weight with the involved arm.**
- 3) In most cases, you will be prescribed an **anti-inflammatory** medication such as **TORADOL (ketorolac)** and a **narcotic** pain medication such as **OXYCODONE**. You should take both medications as prescribed. A nerve block is used during surgery which may last up to 24 hours. However, it is important to still **take your pain medication to stay ahead of the pain**. You should start your pain medications when you get home. After the Toradol is finished, you can supplement the narcotic medication with **200 mg or 400 mg of ibuprofen every 4-6 hours with food**. You can **alternate the ibuprofen with Tylenol 500mg one to two tablets every 6 hours as needed**. Do not exceed more than 4000mg of Tylenol in 24 hours. You can resume your normal medications for other conditions the day after your surgery as instructed by your PCP or specialists.
- 4) Side effects of pain medications include nausea, drowsiness, and constipation. To decrease these potential side effects, **take your medications with food**. You may want to consider taking Colace to prevent constipation. We also prescribe you an **anti-nausea medication**, either ondansetron or promethazine. You should take this as prescribed.
- 5) Maintain your surgical dressing. It is normal for some bleeding to occur. If blood soaks through do not become alarmed, reinforce with additional dressing. Do not get this dressing wet. Cover it while showering/bathing.



Lee A. Kaback, M.D

Laura Piazza, PA-C

Hours: 8:00am-4:30pm

After Hours Assistance: (518) 489-2663

www.kabackshoulder.com

DAY 3

1) You may remove the bandage and gauze from your shoulder. The bandages you remove may be wet to the touch. This is normal as the shoulder is filled with water during the surgery and it leaks out for 24-36 hours after the surgery. Your shoulder may be swollen and black and blue, this is normal. **Keep Steri-strips (white band-aids) on.**

2) You may begin to shower with the Steri-strips exposed after 72 hours. Do not scrub the Steri-strips. These will fall off on their own. If your Steri-strips fall off, cover the incision with a band-aid until you come to your post-operative appointment. Replace the band-aids as needed.

3) **Under no conditions should you use a tub, sauna, hot-tub or swimming pool at this time.** You cannot submerge your incisions underwater.

4) You should not drive until seen by your physician.

General Information

If at any time there are any concerns (increased swelling, redness, drainage from the incisions, warmth, fever, chills, or severe pain unrelieved by prescribed medications) or if you have any questions contact the office at **518-489-2663**.

Ice Therapy

Icing is very important for the first 10-14 days after surgery. **Begin icing immediately after surgery.** Use ice packs every 2 hours for 20 minutes daily until your first post-operative visit. Keep your arm supported while icing. Care must be taken with icing to avoid frostbite to the skin. To avoid frostbite, place a T-shirt between the ice and your skin.

Eating

The anesthetic drugs used during your surgery may cause nausea for the first 24-48 hours. If you become nauseous, eat and drink only clear liquids (Sprite, Selzer, jello, clear soup broth). The only solids should be crackers or toast. You may progress to your normal diet if you are not nauseated. You should have something to **eat before taking your pain meds**. As mentioned above, we also provide you with anti-nausea medication that you should take as prescribed.

Post Operative Appointment

Your appointment should be 7 days after surgery. A post-op appointment has already been made for you at our office. You will need physical therapy starting a week after your surgery. We will provide you with the necessary scripts to initiate physical therapy.