

Patient Name: _____

SHOULDER ARTHROSCOPY - DISCHARGE INSTRUCTIONS

Activities and advice for in the hospital and while at home:

1. Please call the office with any concerns: (860) 832-4666
2. If you had a **nerve block** placed, you will likely have **numbness and pain relief for 6 or more hours afterwards**.
3. You **MAY** also be prescribed an **antibiotic (Doxycycline 100mg 1 tablet twice per day for 3 weeks)** to improve rotator cuff healing. If so, take the antibiotic until completed.
4. If you are not currently on a blood thinner (i.e. Xarelto, clopidogrel, warfarin), and do not have a contraindication to blood thinners/NSAIDs/aspirin (i.e. history of gastric bypass surgery or gastric ulcer), you will be expected to take **aspirin 325mg twice per day for 14 days** (one in the morning, one at night), in order to help prevent blood clots. If you notice **excessive swelling in the forearm**, call your doctor.
5. The pain medication **can make you constipated**. If so, take an over-the-counter stool softener (i.e. Metamucil) while taking the pain medication.
6. If you **DO NOT** want to take the postoperative narcotic, you can take **Tylenol 1000mg every 6 hours as needed for pain**. **DO NOT USE** ibuprofen/naproxen/Aleve as NSAIDs inhibit bone healing.
7. Swelling control: **apply ice to the shoulder 15 minutes at a time, 5 times per day**, as it will help reduce swelling. Make sure there is a layer between your skin and the ice (i.e. cloth, clothing).

Home care after surgery:

1. On the **first day after surgery**:
 - Remove the sling.
 - Move your elbow, wrist, hand and fingers several times a day. You can flex and extend your elbow and wrist on the postoperative side but you should **NOT** flex and extend your shoulder.
 - Perform the **pendulum exercise** several times a day.



Pendulum exercise:

Remove your sling, bend over at the waist and let the arm hang down. Using your body to initiate movement, swing the arm gently forward and backward in a circular motion.

- Put the sling back on when you're done with the exercise. It is likely the sling will be used for **2 to 4 weeks** postoperatively.

2. After **two days**:
 - You can **change the dressing to a smaller one** (i.e. bandaid) to allow the ice to better get to the shoulder.
 - It is **okay to shower** and get the wound wet, but **do not soak the wound** as you would in a bathtub or hot tub. To wash under your operated arm, bend over at the waist and let the arm passively swing away from the body. It is safe to wash under the arm in this position.
3. It is important to look out for **signs of infection** following surgery, including:
 - Fever (temperature > 101.5 degrees F)
 - Chills
 - Nausea and/or vomiting
 - Redness around your incision or yellow/green discharge from your incisionShould any of these be present, please contact the office **immediately** at (860) 832-4666. Should you experience any of the following symptoms, **please call 911 or go to your local emergency room**:
 - Shortness of breath
 - Chest pain
4. You will have an **office visit scheduled approximately 7-10 days after your surgery**, at which time:
 - Sutures and/or staples will be removed
 - You will obtain a prescription to begin physical therapy
 - You may be able to obtain a refill of your postoperative pain medication.

Patient Signature: _____ Date: _____