

POST OPERATIVE DISCHARGE INSTRUCTIONS

PROCEDURE: **Shoulder Arthroscopy**

LIFTING RESTRICTION PROTOCOL:

- Arthroscopic decompression - Maximum lifting of 5 lbs. for 4 months, 20 lbs. for the 4th to 6th month.
- Rotator cuff repair – Maximum lifting of 5lbs for 12 months.
- Arthroscopic stabilization: Keep arm in sling. Elbow motion exercises only.

ACTIVITY:

- No weight to operative side for 48 hours. Advance weight bearing as tolerable after.
- You must rest today. No driving or strenuous activity.
- Elevate the operative extremity above the heart level when resting.
- Surgery patients should NOT lay flat. Sleep with head/shoulders propped on pillows or resting in a recliner.
- DO NOT drive a vehicle while taking pain meds.
- NO strenuous activities until you have been cleared by the surgeon.

DIET:

- Drink plenty of fluids
- Your appetite after surgery may be less than normal, do not force yourself to eat. Eat only when you feel hungry.
- Follow your diet as tolerated. Avoid greasy or fatty foods for the first two weeks after your surgery.

DAILY INCISION CARE:

- Your incision may be covered with waterproof dressing (Tegaderm).
 - Your dressing will be changed in the office at your follow up appointment.
 - Do NOT Take the dressing off or get it wet until after MD appointment.
 - Sponge bath is recommended until after the follow up appointment with your doctor.
 - Apply ice packed to operative area for 20 minutes each time, every 2 hours while awake.
- If Dermabond (skin-glue) was used to cover your incisions, let it peel off when it is ready.
 - Do Not pick at it or attempt to remove prior to three days following your surgery.
 - It is OK to shower one day after surgery, if Dermabond was used.

COMMON PROBLEMS:

- You will have a bowel movement at home in the next few days. If you are unable to move your bowels, you can take any over the counter laxative or enema preparation.
- If you are taking narcotics for pain relief, you will need to take a stool softener.



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CPM:

A continuous passive motion machine may be scheduled for your use at home. A representative has your contact information and will contact you to arrange home delivery of the CPM.

SHOULDER EXERCISES:

You were given exercise illustration at discharge. Please follow the exercise and lifting protocols. If you have any question please contact the surgeons office.

CALL YOUR PHYSICIAN IF:

- You have chills or your temperature is greater than 101F
- You have new redness in the incision or increasing pain
- You have persistent bleeding, nausea, or vomiting

If you have any questions or concerns, please call contact your Physician's office at 661-324-2491