

## POST OPERATIVE DISCHARGE INSTRUCTIONS

PROCEDURE: **Shoulder Arthroscopy**

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.

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.

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 661-467-1477**