

OrthoNeuro

A Multi-Specialty Center of Excellence

Shoulder Arthroscopy Discharge Instructions

Scott P. Stephens, M.D.

www.scottstephensmd.com

Diet

- Begin clear liquids and light foods.
- Progress to your normal diet if you are not nauseated.

Safety and Activity

- Maintain your sling at all times except for bathing, dressing, and exercises.
- Remove your sling to begin pendulum shoulder motions. No active motion of the shoulder.
- You may begin elbow, wrist, and hand range of motion on the first postoperative day.
- Formal physical therapy will begin after your first post-operative visit.
- A minimum of 4-6 weeks is necessary after surgery in the sling to allow for the tendon to heal.
- Do not play sports or do any lifting until Dr. Stephens approves.
- Full shoulder motion and strength are necessary before returning to sports.
- Do not drive until cleared by Dr. Stephens but typically is allowed once pain medications are discontinued.
- Return to work depends on the type of employment. Desk work can be done in a few days using the non-operative arm. Physical labor jobs may require anywhere from 6-12 weeks before returning to work. Discuss this with Dr. Stephens.
- When sleeping or resting, inclined positions (i.e. reclining chair) and a pillow under your forearm for support may provide better comfort.

Pain Management

- A nerve block is typically used during surgery to help control pain. The injection wears off after 18-24 hours. Begin taking pain medicine as soon as you get home.
- You will be prescribed pain medication. Take this as needed.
- Do not operate a vehicle while taking pain medication.
- You will also be prescribed an anti-inflammatory (Ibuprofen 800), unless you have allergies or contraindications to these medications, take as instructed.
- Icing the shoulder for 30 minutes every 1-2 hours will help reduce swelling and pain until first postoperative visit. To avoid overcooling, don't sleep with ice on.

- You should always have a light towel, dressing, or clothing between the ice and your skin. Surgical swelling peaks around 48 hours after surgery but you may continue to use ice for 1-2 weeks to help with pain control
- Cryotherapy cold therapy devices may be prescribed. Use as directed.
- No alcohol for the first 24 hours after surgery or while taking prescription pain medicine.
- Pain medicine can cause constipation. Take an over the counter stool softener or laxative as needed. Drink lots of water and increase the fiber in your diet.
- Common side effects of the pain medication are nausea, drowsiness, and constipation – take medications with food.

Wound care

- In order to prevent infection, you will be cleaned with a solution in the operating room.
 - Our hospital uses two different solutions: the Betadine solution will leave an orangish discoloration on your skin or the Chloraprep solution will leave a bluish discoloration.
- You currently have a bulky shoulder dressing. Please keep this dressing in place for 48 hours, then remove it and cover incisions with band-aids. Some drainage is expected and you may reinforce the dressing with gauze if needed.
- You can shower once dressing is removed but to avoid infection keep incision clean and dry and cover with waterproof covering during shower for 2 weeks. Water-proof bandaids can be worn during showers.
- Do not scrub or soak your shoulder.
- Do not apply any medicated ointments to your operative site.

Follow-Up Appointment

- Refer to your appointment card and confirm initial post-operative appointment prior to surgery.
- If you need to change this for any reason, call the office at (614) 890-6555 to reschedule.

Contact the office immediately if you have the following:

- Difficulty breathing or swallowing
- Fever over 101 F
- Changes in the color or temperature of your fingers
- Sudden, severe pain or pain that is not relieved by medication
- Inability to urinate within 6 hours of leaving the hospital
- For questions regarding BWC and disability paperwork, wounds, medications, and/or activity, contact Dr. Stephen's assistant at **(614) 839-2150**
- For after-hours emergencies, contact Dr. Stephens' office at (614) 890-6555. If symptoms are severe, go to the nearest emergency room or call 911.
- Additional information and videos about your diagnosis, surgical procedure, and post-operative care can be found at my website:

www.scottstephensmd.co