

# OrthoNeuro

A Multi-Specialty Center of Excellence

## Shoulder Arthroscopy with Decompression/Distal Clavicle Resection/Debridement Discharge Instructions

**Scott P. Stephens, M.D.**

[www.scottstephensmd.com](http://www.scottstephensmd.com)

### **Safety and Activity**

- Begin physical therapy as soon as possible.
- Do not play sports or do any lifting until Dr. Stephens approves.
- Do not drive until cleared by Dr. Stephens.
- Frequently move your fingers and wrist to reduce swelling.
- A minimum of 4-6 weeks is necessary after surgery before returning to sports. Full shoulder motion and strength are necessary before returning to sports.
- 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 up to 6-8 weeks before returning to work. Discuss this with Dr. Stephens.
- Wear your sling for 1-2 days then discontinue and begin gentle range of motion exercises.
- It may be helpful to sleep in a recliner as long as you are wearing the sling.
- You may do light daily activity as tolerated.

### **Pain Management**

- You will be prescribed pain medication. Many patients do well taking ibuprofen 600mg-800mg every 8 hours with food if they have no known contraindications.
- If you received a regional block, you will have numbness in your affected shoulder for about 23 hours. After that, you will experience an increase in pain. Use pain medicine prescribed by your doctor as soon as your sensation returns. Do not wait to take pain medication.
- Icing the shoulder for 15-20 minutes every 1-2 hours will help reduce swelling and pain. 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 if it is helping with pain control.
- No alcohol for the first 24 hours after surgery or while taking prescription pain medicine.
- Pain medicine can be constipating. Take an over the counter stool softener or laxative as needed. Drink lots of water and increase the fiber in your diet

### **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 24 hours, then remove it. After 48 hours you may shower with waterproof bandaids. Some drainage is normal and you may reinforce the dressing with gauze if needed.
- Leave the steristrips in place. It is ok to get these wet. Some drainage is normal and you may reinforce the dressing with gauze if needed.
- 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. If you need to change this for any reason, call the office at (614) 839-2150 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 **Kim** 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:

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