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**Arthroscopic Shoulder Surgery**  
**PRE AND POST OPERATIVE GUIDELINES**

**GENERAL INSTRUCTIONS:**

- **Rehabilitation** begins by easing back into your normal activities the day following surgery.
- **Restrictions** include: No over horizontal shoulder movements for 4-6 weeks post op
- Ice on the shoulder will aid in pain relief and swelling. Pain relief can be achieved by applying ice bags for 10-minute intervals separated by 5 minutes for three repetitions. This pattern can be repeated as often as needed.
- It is normal to see some initial drainage. This is a result of the irrigation and pain pump medication that is used during the surgery. Drainage normally ceases in the first 48 hours.

**MEDICATIONS:**

- **PRESCRIPTIONS FOR PAIN, SLEEP AND NAUSEA HAVE BEEN SUPPLIED IN YOUR PRE-OPERATIVE PACKET.** Most patients benefit from sound sleep around the time of surgery, so Ambien has been prescribed to aid sleep both before and after surgery but will not be refilled
- Pain relievers are best used on a regular basis rather than when the pain becomes so intense that one can't stand it. The pain usually subsides in the first 2-3 days. At this point, pain medication is not needed regularly and may be used as needed for purposes of comfort when resting or after exercises.
- Pain medication should always be taken with food to decrease the possibility of nausea. Should nausea occur, Zofran, or a similar medication, can be used to help eliminate this condition.
- Be sure to use your choice of over the counter constipation remedies to prevent irregularity as a result of the narcotics.
- Resume all out-patient medications previously taken unless otherwise instructed.
- **ANY REQUEST FOR MEDICATION REFILLS SHOULD BE CALLED BY YOU IN TO YOUR PHARMACY. REQUESTS FROM YOUR PHARMACY WILL BE ADDRESSED BETWEEN 8 AM AND 12 PM, MONDAY THROUGH FRIDAY. MEDICATIONS CANNOT BE REFILLED ON THE WEEKEND OR AFTER HOURS.**

**INCISION CARE:**

- The first dressing change should be on the 2<sup>nd</sup> post-operative day, unless otherwise instructed by the office. Remove all of the external dressing, including the cotton wrapping, Xeroform and pads. Xeroform is the yellow material which prevents the dressing from sticking to the steri-strips as it is designed to come off when the dressing is removed.
  - Steri-strips are the small pieces of tape that are applied over the wound to prevent scarring and provide a sterile environment for healing.
- DO NOT REMOVE THE STERI-STRIPS let them fall off on their own-** the tape can peel off the skin if removed too soon
- Clean wound daily for 1 week with hydrogen peroxide and apply dry dressing. Do not apply ointments or salve.
  - If any drainage occurs that appears yellowish, odorous or pus-like, or if pain seems to be intensifying rather than decreasing in the 2-3 days following surgery: **PLEASE CALL 713-333-4100.**

**SHOWERING:**

- You may shower as soon as you would like, but remember to keep the wound dry for five days. If it accidentally becomes wet, clean with hydrogen peroxide and apply a new, dry dressing.

**REHABILITATION:**

- **Begins immediately following your surgery**
- Shoulder Shrugs: Lift shoulders 20 times per session.
- Pendulum Exercises: Pendulum exercises may be performed only as instructed by therapists. A pendulum exercise is done by allowing the arm to swing freely. This exercise can begin by small diameters circles and then gradually extend the diameters to larger and larger circles. Leaning forward slightly allows more freedom of the movement,
- After 6 weeks you may begin overhead motions again
- Lifting and carrying can be done following the surgery, but no overhead lifting
- Be sure to do daily activities using your shoulder to encourage range of motion and strength

**FOLLOW-UP CARE:**

- A post-operative follow-up visit is suggested at 4 weeks following surgery. Call 713-333-4100 to schedule an appointment to be seen by the Physician Assistant.
- Most patients can return to desk jobs within a few days. Specific limits may be necessary depending on the job.

**SHOULD YOU HAVE ANY QUESTIONS CONCERNING THESE INSTRUCTIONS OR HAVE OTHER CONCERNS, PLEASE CALL 713-333-4100**