

Patient: _____

Pharmacy: _____

POST-OPERATIVE INSTRUCTIONS – SHOULDER ARTHROSCOPY

WOUND CARE:

- You may remove the Operative Dressing on Post-Op Day #3 (72hrs after surgery).
- Alternatively if you would like, you can leave dressing on until follow-up if within 7-8 days but keep it dry.
- Leave steri-strips in place until they fall off on their own, usually 2 weeks postop.
- **There may be a small amount of fluid/bleeding leaking at the surgical site. This is normal**
 - your shoulder is filled with fluid during the procedure and can leak for 24-48hrs after surgery.
- You may change/reinforce the bandage as needed.
- Use the Cryocuff or Ice as often as possible for the first 7 days, then as needed for pain relief.
 - Always keep a towel, ACE wrap or other barrier between the cooling unit and your skin.
- **You may shower on Post-Op Day #3.** Gently pat the area dry.
 - Do not soak the shoulder in water or submerge it.
 - Keep dry incisions as dry as possible.
- Do not go swimming in the pool or ocean until 4 weeks after surgery or when otherwise instructed.

EXERCISES:

- Sling should be used at all times until follow-up.
- You may remove sling for hygiene, but keep your shoulder stable
- Do not lift anything heavy with your operative arm!
- Please continue to ambulate and do not stay sitting or lying for too long.
 - Perform foot and wrist pumps to assist in circulation.

POST-OP MEDICATIONS – Multimodal approach to pain control

- In general your pain will be controlled with a combination of substances. Prescriptions unless otherwise discussed are electronically sent to your pharmacy. This is a carefully made plan we use to minimize narcotic use.
 - Meloxicam OR Celebrex - Anti-inflammatory medication taken on a scheduled basis
 - Acetaminophen – Non-narcotic pain medicine taken on a scheduled basis
 - Oxycodone - This is a strong narcotic, to be used only on an "as needed" basis for pain.
 - Zofran – take as needed for nausea
 - Other -

Do NOT take Meloxicam/Celebrex with other NSAIDs such as Ibuprofen, Motrin, Aleve, etc.

FOLLOW-UP:

- If you develop a Fever (≥ 101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.
- Please call the office to schedule a follow-up appointment for your incision check if you do not already have one, 7-10 days post-operatively.
- IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE.

INSTRUCTIONAL VIDEOS:

- You can check out Dr. Varkey's YouTube page for instructional videos
- Link: <https://tinyurl.com/3d4w3dr3>
- Or scan the QR code ➡



REGIONAL ANESTHESIA (NERVE BLOCKS)

The anesthesia team may have performed a nerve block for you if safe in the setting of your care. This is a great tool used to minimize pain. Typically the block may start wearing off overnight. This can be a challenging period but utilize your as needed pain medications to try and manage this period.

HELPFUL INFORMATION

- **If you had a block, it will wear off between 8-24 hrs postop typically. This is period when your pain may go from nearly zero to the pain you would have had postop without the block.**
 - **This is an abrupt transition but nothing dangerous is happening.**
 - **You may take an extra dose of narcotic when this happens.**
- We suggest you use the pain medication the first night prior to going to bed, in order to ease any pain when the anesthesia wears off.
- You should avoid taking pain medications on an empty stomach as it will make you nauseous.
- You should wean off your narcotic medicines as soon as you are able.
 - Most patients will be off or using minimal narcotics before their first postop appointment.
- You may be more comfortable sleeping in a semi-seated position the first few nights following surgery. Keep a pillow propped under the elbow and forearm for comfort. If you have a recliner type of chair it might be beneficial. If not that is fine too, but it would be helpful to sleep propped up with pillows behind your operated shoulder as well under your elbow and forearm. This will reduce pulling on the suture lines.
- When dressing, put your operative arm in the sleeve first. When getting undressed, take your operative arm out last. Loose fitting, button-down shirts are recommended. Often in the first days after surgery you may be more comfortable keeping your operative arm under your shirt and not through the sleeve.
- There may be some numbness adjacent to the incision site. This may last for 6-12 months or longer in some patients and is expected.
- You may return to work/school in the next couple of days when you feel up to it. Desk work and typing in the sling is fine.
- Do not drink alcoholic beverages or take illicit drugs when taking pain medications.
- It is against the law to drive while taking narcotics. In some states it is against the law to drive while your arm is in a sling.
- Pain medication may make you constipated. Below are a few solutions to try in this order:
 - Decrease the amount of pain medication if you aren't having pain.
 - Drink lots of decaffeinated fluids.
 - Drink prune juice and/or eat dried prunes
- If the first 3 don't work start with additional solutions
 - Take Colace – an over-the-counter stool softener
 - Take Senokot – an over-the-counter laxative
 - Take Miralax – a stronger over-the-counter laxative