

SHOULDER ARTHROSCOPY WITHOUT REPAIR POST-SURGERY INSTRUCTIONS

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WOUND CARE

1. Cryotherapy/ICEMAN (continuous icing machine) protocol: Use 10 to 14 hours per day until follow-up or use ice packs 20min per hour while awake. DO NOT put the ICEMAN pad directly against your skin (use a thin towel/clothing).
2. Remove outer bandage & loose gauze in 4 days. Throw away loose gauze. Leave small white sticky bandages in place.
3. Keep incisions clean and dry following surgery for **3 days**. It is then OK to shower **UNLESS** your incisions are draining. No tub baths, swimming pools, hot tubs, etc. for a minimum of 3 weeks following surgery. DO NOT scrub or pick off the white sticky bandages or paper tapes (SteriStrips) underneath.

ACTIVITY

4. Sling: may remove in 3 days when comfortable
5. Avoid exercising or strenuous activities (other than those outlined in #6) until you are seen for your follow-up appointment.
6. Exercises: Perform all exercises 6 times a day (start today or tomorrow): neck, elbow, wrist, hand range of motion; shoulder pendulum activities, unrestricted (active and passive) shoulder motion. See below for illustrations.
7. Get scheduled to start PT 7-14 days after surgery.
8. NO driving while wearing a sling and AT LEAST until your first post-op appointment. When going back to driving, be sure to test braking/acceleration maneuvers in an empty parking lot before entry into any traffic areas. **ABSOLUTELY NO DRIVING WHILE TAKING NARCOTICS! (i.e., Tylenol #3/codeine, Norco, Vicodin, Percocet, oxycodone, etc.)!**

DISCHARGE MEDICATIONS:

1. Stool softeners such as Colace (Ducosate Sodium) or Senokot-S, 2 tablet: take once a day while taking narcotics. These medications do not require prescription.

2. **Oxycodone 5mg:** 1 to 2 tablets, take every 4 to 6 hours as needed for pain, do not exceed 12 tabs/day. Taper off this medication as your pain decreases.

3. **Acetaminophen 325mg** (Tylenol): take 2 pills three times a day (do not exceed 3000mg in 24 hours).

4. **Magnesium 400mg:** take one pill once per day on everyday that you take oxycodone.

4. Check your discharge package and prescriptions to see if any other medications were prescribed for you.

DIET: If no nausea, clear liquids should be taken initially. Then progress to solid foods when clear liquids are tolerated. No alcoholic beverages for at least 48 hours or while taking pain medications. Drink plenty of fluids and eat high fibre foods to prevent constipation while taking prescription pain medications.

FOLLOW-UP: The surgery scheduler will call you with your post-op appointment.

EMERGENCY: Call or return for any fevers (temperature greater than 101°F or sustained fevers greater than 100.5°F that haven't resolved within 3 to 4 days following surgery) or chills, increasing pain, swelling, redness, calf pain, drainage (especially if yellow, green, or foul smelling), excessive bleeding, chest pain, shortness of breath. After hours or in an emergency, go to your local urgent care center, the ER or dial 911.

EXERCISES

Scapular Squeezes

Stand or sit upright, with head up and shoulders tall. Keep your arm in the sling. Slightly elevate both shoulders, then pinch/squeeze shoulder blades together. Hold for 2-3 seconds, then relax. Do 3 sets of 25 reps.

Neck range of motion

Elbow range of motion

Remove sling. Sit or stand as comfortable. Without moving the shoulder, move the elbow joint using the unaffected arm for assistance. Keep arm at side. Put sling back on after.

Wrist range of motion

Pendulums

Let involved arm hang down freely; support yourself with other arm on a table or counter. Get the arm moving in different directions using the momentum from your body. Side to side, clockwise, counterclockwise, front to back. Perform 50 reps each way.

Range of Motion

Sit or stand with your uninvolved grasping the wrist or hand of the involved side. Slowly use that uninvolved arm to raise the arm forward. If too painful upright, this may be done laying down on your back. Do 50 reps.





1. Sit or lay with your affected leg straight. You may also do this while your leg is elevated.
2. Keeping your affected leg straight, gently "pump" the ankle like pressing on a gas pedal.
3. Repeat 3 sets of 25 reps