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Dr. Sarmast Post-Operative Instructions (Shoulder Arthroscopy W/O RCR)

You have just undergone surgery and are now on your way to recovery! To minimize the pain and discomfort of surgery, please review the instructions listed below:

Swelling

Swelling is natural after surgery for the first few weeks. Reducing swelling helps speed recovery and will lessen your pain. Icing is very important in the initial post-operative period and should begin immediately after surgery.

Use icing machine continuously or ice packs (if machine not prescribed) for 30-45 minutes every 2 hours daily until your first post-operative visit

Care should be taken with icing to avoid frostbite to the skin.

Wound Care

The postoperative dressing/splint should be left intact until you see your doctor. Sponge bathing is ok but be sure not to get your dressing wet. Cover shoulder with Saran wrap or "Press 'n Seal" while bathing. Do NOT soak incision/wound.

It is normal for the shoulder to bleed and swell following surgery. If blood soaks onto the bandage, do not become alarmed, reinforce with additional dressing.

Wait until your first post operative appointment to have Dr. Sarmast's team remove the surgical dressing .

Please do not place any ointments, lotions or creams directly over the incisions.

Once the sutures/staples are removed at least 10-14 days post-operatively you can begin to get the incision wet in the shower (water and soap lightly run over the incision and pat dry)

NO immersion in a bath until given approval by our office.

Avoid direct exposure of the scar to sunlight for 1 year after surgery and use high SPF sunblock if necessary.

Please use the wound care smart kit mailed to your house as directed by your physician.

Activities

Do not make important decisions in the next 24 hours while anesthesia continues to wear off.

You are to wear the sling placed at surgery for comfort.

When sleeping or resting, inclined positions (ie: reclining chair) and a pillow under the forearm and behind the elbow are recommended for first 1-2 weeks postoperatively.

Do not engage in activities which increase pain/swelling.

Avoid long periods of sitting or long distance traveling for 2 weeks.

NO driving, operating machinery or alcohol consumption while taking narcotic pain medications. NO driving while still using sling.

May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable, unless otherwise discussed with Dr. Sarmast.

It is encouraged to move your hand, wrist, and elbow to increase circulation and prevent stiffness. Make frequent fists 10 x hr while awake for first week after surgery. Avoid lifting greater than a gallon of milk for first 2 weeks.

Start walking as soon as possible, as this helps decrease the chance of blood clots.

Medications

Pain medications have been prescribed. Please take them as directed. Pain medications can often cause nausea, constipation and itching. Do not drink alcohol, drive or make important decisions while taking narcotic pain medications.

Your prescription is _____ .

_____ Take over the counter tylenol (acetaminophen) as directed on packaging, unless you have pre-existing liver problems or allergy to this medication.

_____ Take anti inflammatories as tolerated. over the counter Ibuprofen/motrin/NSAIDs unless you have history of stomach pain, ulcers, or GI bleeding. You may take 600 mg every 8 hours as needed for pain. (Do not use in case of broken bones/fractures). Do NOT take or combine these medications if Dr. Sarmast has already prescribed you an anti-inflammatory such as Naprosyn, Meloxicam, or Ibuprofen.

Pain medications may cause constipation. Please take **stool softeners found over the counter as directed**. These include Docusate/Colace, Miralax, and Senna. Ask your pharmacist for more information.

Diet

Begin with liquids and light foods, such as crackers and clear liquids. Advance to your normal diet once liquids and lighter foods are well tolerated.

Therapy

Dr. Sarmast will discuss physical therapy (PT) with you at your first postoperative visit. You may use your shoulder for gentle range of motion as tolerated.

Follow-up:

Please call Dr. Sarmast's Office (313-749-0370) to schedule an appointment to be seen on _____ or 14 days postoperatively.

If you have any fevers (temperature >100.5), yellow or greenish drainage, excessive warmth or pain, cool digits, numbness or tingling, uncontrolled continuous bleeding, please call the office immediately.

I have read and understand the above discharge instructions:

Patient or Representative Signature Nurse Signature Date