

Shoulder Arthroscopy Helpful Hints

Pre-Operative Instruction

- No food or drink after midnight before your surgery.
- If your surgery date is within seven days, stop taking all over the counter vitamins and supplements (fish oil, turmeric, etc.) as well as non-steroidal anti-inflammatory drugs, such as ibuprofen, Aleve, Advil, or Motrin.
- Before surgery, you will be offered a nerve block. This will help manage pain and reduce the need for narcotic medication.
- During the surgery, a numbing medication like Novocaine will be injected.
- This will help alleviate some pain for several hours afterward. It is important to take your pain medication before the numbing effect wears off.

Post-Operative Medications

- Normally, Percocet is taken every six hours; however, if the pain is severe, it can be used every four hours.
- Common side effects of Percocet include nausea, constipation, and itching. To help with nausea, it is recommended to take the medication with food. We strongly advise taking an over-the-counter stool softener, such as Colace, to prevent constipation. If you begin to experience itching while using the narcotic medication, we suggest taking Benadryl and calling our office for further guidance.
- As your pain subsides, you can transition to NSAIDs or Tylenol for pain relief. However, do not take Tylenol with Percocet, as each Percocet pill contains 325 mg of Tylenol.
- You will also be prescribed a 24-hour oral antibiotic. Please take the first dose around dinner after you return home from surgery, and make sure to take it with food.
- Lastly, you may need to take 325 mg of aspirin for four weeks following surgery. We will discuss this with you prior to the procedure.

Bandage & Sling

- Your post-operative dressing consists of two layers. Your incisions were closed with stitches that are covered with a bandage. These stitches should remain in place until your first postoperative appointment.
- The second layer is a large, fluffy dressing and an abd bandage, which are held in place with tape. You may remove this dressing 2-3 days after your surgery and cover your incisions with waterproof Band-Aids. It is essential to keep the wound clean and dry for the first 48 hours after surgery.
- On the morning of your third day post-surgery, you may shower. However, be sure to cover your shoulder with plastic wrap to keep your incisions dry.
- Do not take a bath within two weeks of surgery, and refrain from going into a pool, lake, or ocean for four weeks after the procedure.
- You will be placed in a sling following surgery, which you may only remove when showering.
- Additionally, it is important to ice the surgical area for 15 minutes every hour while you are awake. Be sure to place a barrier between your skin and the ice to help minimize swelling around the incision site and frost bite.

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Physical Therapy & Activity

- You may remove your sling to perform range of motion exercises on your wrist and elbow up to three times a day. Be sure to do these exercises while seated in a chair.
- You can return to work or school 4 to 5 days after surgery, but only if your work is sedentary and your pain has subsided.
- You will not begin physical therapy until instructed by your doctor or advanced practice provider.
- The goal of physical therapy is to assess how your body has responded to the surgical procedure, promote healing, and ensure a safe return to activity. You will start physical therapy after your first post operative appointment.

THINGS TO WATCH OUT FOR

If you experience any of the following, please call our office at 315-329-2555

- Increased pain that worsens every hour, even with pain medication.
- Drainage from the wound lasting more than two days after surgery.
- Increasing redness around the surgical site.
- Rash or blistering around the surgical site.
- Excessive swelling around the surgical area.
- Fever higher than 101.5°F
- Inability to keep food or water down for more than one day.