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Arthroscopic Shoulder Surgery: Postoperative Instructions Dr. Stephen Shively

Diet

- You may resume your regular diet as soon as possible

Medication

- Take the pain medication as prescribed
- Take pain medication with food
- While taking pain medications, you may NOT operate a vehicle, heavy machinery, or appliances
- While taking pain medication, you may NOT drink alcoholic beverages
- If you have any reactions to your medications, stop taking them and call my office
- Please keep in mind that constipation is a very common side effect of taking narcotic pain medication. Take precautions to prevent constipation:
 - Drink plenty of water (6-8 glasses of 8 oz. a day)
 - Avoid alcohol, caffeine, and dairy products
 - Eat plenty of fiber (fruits, vegetables, and whole grains)
 - Take an over the counter stool softener (Colace or Dulcolax)
 - Patients that have had upper extremity surgery should take frequent walks

Activity

- Minimize activity the day of surgery
- DO NOT USE HEAT
- **Please keep ice applied to the shoulder for the first 72 hours or as long as pain or swelling persists. Do not apply ice directly to skin, or allow water to leak on your dressing.**
- Place a pillow behind your elbow while lying down or sleeping. Sleeping in a more upright position (recliner) may be more comfortable initially. You should NOT roll onto the operative shoulder.
- You are in an immobilizer or sling and it should remain on at all times except when showering until your first postoperative visit
- Open and close your hand 10 times every day for about 1 minute. You may also flex and extend your elbow each day when your sling is removed for showering. Be sure to keep your elbow at your side.
- DO NOT actively (on your own) lift your operative arm away from the side of your body or rotate it out away from your body.
- DO NOT use exercise equipment unless otherwise instructed.

Sling/ Immobilizer

- Use the sling/immobilizer at all times and while sleeping until your next office appointment.
- If you have difficulty with your shoulder immobilizer sling you may find this link helpful:
<https://www.breg.com/products/shoulder-bracing/slings-braces/arc-20-pillow/>

Showering

- You may shower 3 days after surgery unless told otherwise. DO NOT immerse the shoulder under water and DO NOT rub the incision. Place new Band-Aids over the sutures after showering.
- You may sponge bathe for the first 72 hours, taking care to keep the dressing clean and dry.

Dressing Care

- It is normal to get some bloody wound seepage through the bandage. DO NOT BE ALARMED.
- If the dressing gets soaked with wound seepage, place more gauze over the dressing and secure with tape. If this soaks through remove the entire dressing and replace with STERILE gauze and tape
- Remove all dressings at 72 hours after surgery. If there is still some wound seepage, apply a fresh STERILE gauze over the incisions and secure with tape.
- DO NOT TOUCH OR REMOVE THE SUTURES!!

Emergency/Follow-Up

- Please notify my office at 317-477-6683 if you develop any fever (101 deg or above), unexpected warmth, redness or swelling. Please call if your fingers become cold, purple, numb, or there is excessive bleeding.
- Please call the office within 24 hours at 317-477-6683 to schedule a follow up appt within 7-10 days from surgery.
- No pain medications refills can be provided after 3pm on Fridays or over the weekend.

I have read and understand the above discharge instructions.

Patient or Responsible Party

Date

RN