

Post Operative Instructions
Shoulder Arthroscopy
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You have just had shoulder arthroscopy. Following these guidelines should give you the best chance for a quick recovery.

What Was Done? Shoulder arthroscopy is a very powerful tool, as it allows surgeons to diagnose and treat a variety of conditions. A number of decisions are made based on the intra-operative arthroscopic findings. Dr. Browdy will discuss the findings and the procedures performed with your family after surgery, and will generally go over these things with you at your first office visit.

Diet: Advance to solid food as tolerated.

Bandages: In 48 hours, you may remove your dressings and place small band-aids over the incision sites. You will leave the surgery center with a thigh high compression hose on each leg. Please continue to use these for two weeks after surgery to prevent blood clots.

Bathing/Shower: Please avoid getting the incisions wet for five days after the time of your surgery. After five days, you may shower, getting the incisions wet, but please do not submerge the incisions under water in a bath tub, hot tub or pool until Dr. Browdy gives permission to do so. If you wish to take a shower prior to five days after surgery, you may do so, but please use water-proof band-aids over the incisions.

Activity: Your activity with respect to the shoulder depends heavily on what was done during surgery. You will usually leave the surgery center with a sling, and Dr. Browdy will discuss with your family how much you can use your arm. At your first office visit, Dr. Browdy will discuss with you a gradual timeline for return to normal activities.

It is a good idea to get up and move around frequently around your home to prevent blood clots.

Medications:

Many patients elect to have a "block" prior to surgery to help with post-operative pain relief. This block provides significant pain relief in the early post-operative period, but it will wear off 8-12 hours after surgery. You will be prescribed a narcotic pain medicine to help with control the pain you might experience after the block wears off. It is very important to "stay ahead" of the pain by taking the medication prior to the onset of severe pain. Once you start to regain sensation in the fingers or arm, it is advisable to take your pain medicine - do not wait until you hurt to take your pain medicine.

You may be given two different pain medications. The purpose of this is to give you more than one option. If one medicine causes unpleasant side effects, you may try the other medicine.

Pain medicine can cause nausea, so take the medication with food. You may be given a prescription to deal with nausea. You do not need to fill this prescription, but you should keep it handy in the event you need it.

Comfort Measures:

A cooling system may have been applied. If not, you may use a large bag of ice. In either case, keeping the shoulder cool will help significantly reduce swelling and pain. If you have an ice machine with a thermostat, do not let the temperature go below 45 degrees, as frostbite can occur.

In most cases, you will be in a sling. It is generally permissible to come out of the sling periodically to move the elbow and hand, however you may be told otherwise by Dr. Browdy, depending on what procedures are performed.

Problems:

It is not uncommon for the hand to experience slight swelling and/or numbness or tingling in the hand. This can be in part due to constriction of the wrist by your sling, and removing the sling periodically can help. It is also common to experience bruising of the shoulder, arm and even chest wall a few days after surgery.

Please contact Dr. Browdy's office if you have any of the following:

1. Severe Pain
2. A Temperature above 101 Degrees
3. Pain, redness or significant swelling in your knee or calf (a bruised appearance is normal)

- Problems (cont.):** Please call us if you have **any** questions.
- Appointments:** You will need to see Dr. Browdy for a follow-up appointment 7-10 days after surgery. Please call the office to make this appointment. At this first appointment physical therapy will likely be prescribed.
- Phone Numbers:** Advanced Orthopedics and Sports medicine: 314-721-7325
- Medication Refill Policy:** **It is the policy of Advanced Orthopedics that narcotic medications will only be refilled during office hours. Please be patient with the office staff. If you call during patient hours, your call may be returned at the end of the day.**