Shoulder Arthroscopy: Postoperative Instructions

Diet
You may resume your regular diet as soon as possible

Medication
Take the pain medication as prescribed

| Norco | Percocet | Tylenol #3 | Ultram | Other: ________________ |

Activity
- Minimize activity the day of surgery
- DO NOT USE HEAT
- Apply ice, even though the bandages are thick and you may not feel the cold. Apply ice to the shoulder 3 times a day for 20 minutes for about 1 week or until your shoulder is feeling comfortable.
- Place a pillow behind your elbow while lying down or sleeping. Sleeping in a more upright position (recliner) may be more comfortable initially.
- Open and close your hand. Flex and extend your elbow. Do each of these activities 10 times every day for about 1 minute.
- Begin small, gentle circular motions with the arm as tolerated. Do these 30 times clockwise and 30 times counter-clockwise three times each day.
- 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.

Showering
- You may shower 3 days after surgery unless told otherwise. DO NOT immerse the shoulder under water and DO NOT rub the incision. Let the water hit you on your head or the non-operative shoulder. Place new Band-Aids over the sutures after showering.

Dressing Care
- You may sponge bath for the first 72 hours, taking care to keep the dressing clean and dry.
- It is normal to get some light 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!!
### Arthroscopic Findings

- Rotator Cuff Tear  Partial Tear  Full Tear
- Subscapularis Tendon Tear
- Shoulder Joint Arthritis
- Acromioclavicular Joint Arthritis
- Signs of Instability
- Labral Tear (cartilage)  Anterior  Superior  Posterior
- Biceps Tendon Tear
- Loose Body
- Adhesive Capsulitis (Frozen Shoulder)
- Other:_____________________________________________________

### Procedures Preformed

- Rotator Cuff Repair
- Rotator Cuff Debridement
- Subacromial Decompression with Acromioplasty (spur removal)
- Labral Repair with stabilization procedure
- Labral Debridement  Anterior  Superior  Posterior
- Biceps Tendon Anchor Repair (SLAP Repair)
- Biceps Tendon Debridement  Tenotomy  Tenodesis
- Removal of the end of the Clavicle (collar bone)
- Removal of loose body
- Capsulotomies (surgical release of the joint capsule)
- Manipulation Under Anesthesia
- Other:_____________________________________________________

### Follow-Up

- You should already have a scheduled follow-up visit. If you do not have one, call the office to schedule one.
- Notify our office if you have
  - Any fever over 101.5 degrees
  - Excessive bloody wound seepage
  - Severe arm tenderness