



ARLINGTON ORTHOPEDICS

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

- | | | | |
|--|----------|--------------|-----------|
| <input type="checkbox"/> Rotator Cuff Tear | | Partial Tear | Full Tear |
| <input type="checkbox"/> Subscapularis Tendon Tear | | | |
| <input type="checkbox"/> Shoulder Joint Arthritis | | | |
| <input type="checkbox"/> Acromioclavicular Joint Arthritis | | | |
| <input type="checkbox"/> Signs of Instability | | | |
| <input type="checkbox"/> Labral Tear (cartilage) | Anterior | Superior | Posterior |
| <input type="checkbox"/> Biceps Tendon Tear | | | |
| <input type="checkbox"/> Loose Body | | | |
| <input type="checkbox"/> Adhesive Capsulitis (Frozen Shoulder) | | | |
| <input type="checkbox"/> Other: | _____ | | |

Procedures Performed

- | | | | |
|--|-------------|----------|-----------|
| <input type="checkbox"/> Rotator Cuff Repair | | | |
| <input type="checkbox"/> Rotator Cuff Debridement | | | |
| <input type="checkbox"/> Subacromial Decompression with Acromioplasty (spur removal) | | | |
| <input type="checkbox"/> Labral Repair with stabilization procedure | | | |
| <input type="checkbox"/> Labral Debridement | Anterior | Superior | Posterior |
| <input type="checkbox"/> Biceps Tendon Anchor Repair (SLAP Repair) | | | |
| <input type="checkbox"/> Biceps Tendon | Debridement | Tenotomy | Tenodesis |
| <input type="checkbox"/> Removal of the end of the Clavicle (collar bone) | | | |
| <input type="checkbox"/> Removal of loose body | | | |
| <input type="checkbox"/> Capsulotomies (surgical release of the joint capsule) | | | |
| <input type="checkbox"/> Manipulation Under Anesthesia | | | |
| <input type="checkbox"/> 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