



ARLINGTON ORTHOPEDICS

What to expect after

Shoulder Arthroscopy

- ❖ You should not have ANYTHING to eat or drink after midnight the night before your surgery.
- ❖ This includes NO gum, mints, candy, lifesavers or lollipops!
- ❖ Please make sure to remove ALL jewelry.
- ❖ When you arrive at the hospital or surgery center, you will be checked in and given an IV. You will be offered a nerve block, which I do recommend. This will be done pre-operatively by the anesthesiologist. It is an injection around the base of your neck that numbs the nerves to your shoulder and arm. It lasts about 15 - 20 hours. This will give you pain relief that hopefully lasts throughout your first night. When the nerve block wears off, you will likely be in pain. This can range from mild to severe. If you experience severe pain, this is still normal. Nothing is wrong. You would have woken up with worse pain if you did not have the nerve block!
- ❖ During first three days, the pain is usually the worst, and then gradually subsides after that.
- ❖ Swelling in the shoulder, elbow and hands is normal. You may also experience bruising in the arm
- ❖ If you elected to have the nerve block, you may have some residual numbness that may last weeks.
- ❖ You will likely continue to have pain for several weeks or even months. Recovery from shoulder surgery takes several months. BE PATIENT!
- ❖ Wear the sling at all times (even sleeping!) except for showering and for the exercises listed below.
- ❖ All you need to do for the first five weeks is the following (four times per day): Remove your sling and:
 - ✓ Flex and extend your elbow with your elbow next to your side.
 - ✓ Lean forward slightly, and with your arm hanging down and your hand pointing toward the floor, perform small circles with your arm and shoulder.
- ❖ At your two week visit, you will have your sutures removed and will be given a script for physical therapy.

- ❖ If you did NOT have a repair, your therapy will begin at that time and you will stop your sling use
- ❖ If you DID have a repair, you will continue your sling until 5 weeks post-op.
At 5 weeks post-op, you will begin physical therapy and discontinue your sling that day
 - ✓ you will be in therapy for about 6 weeks - 10 weeks.
- ❖ Driving is dangerous while in a sling and it is recommended that you wait until you are out of your sling to begin. (unless otherwise directed by your physician)
- ❖ Your restrictions will be as follows: (unless otherwise directed by your physician)
 - ✓ NO use of the arm/shoulder (except for writing / typing, fine manipulation) for the first two wks
 - ✓ If you DID NOT have a repair:
 - NO lifting / carrying / pushing / pulling greater than 10 lbs for 6 weeks
 - No repetitive overhead activity for 6 weeks
 - Return to sports typically at 6 -8 weeks
 - ✓ If you DID have a repair
 - NO lifting / carrying / pushing / pulling greater than 10 lbs for 4 months
 - No repetitive overhead activity for 4 months
 - Return to sports: 4-6 months depending on the sport