

Shoulder Arthroscopy

Home Care Instructions

- Procedure** Shoulder arthroscopy involves pumping fluid into your shoulder at high pressure. This can cause bruising and sometimes even bruising down the arm. This is normal and will resolve.
- Activity** Go home and rest today. If you received sedation or general anesthesia, you may feel drowsy and tired. Therefore, you should not drive a car, operate machinery, drink alcoholic beverages or make any legal decisions for 24 hours, or while taking narcotic medications. Thereafter, it is critically important that you move your shoulder. Start with the pendulums out of the sling (swinging your arm to gravity) and advance as tolerated, Weight bearing as tolerated to your operative upper extremity. The results of this surgery will not be as successful if you do not move your shoulder.
- Pain Medication** Resume all medications prescribed unless otherwise advised. Stop NSAIDS previously prescribed, as new medications will take their place in the immediate post-op period. Take pain medication as prescribed only as needed. Narcotic pain medication can cause constipation; drink plenty of water to help with constipation. Regular Tylenol can be substituted for the narcotic medication when able. The first 24-48 hours are the most uncomfortable. The response to surgery over the first 5 days is quite individual. Do not hesitate to take 2 tablets of the pain medication every 3 hours if needed, and do use supplemental Advil, Aleve, or Motrin. Of course, rest, ice, and taking it easy for the first few days will have significant impact on your recovery. Immediately start the following medications on your first post-op day 2000mg Vitamin C until wounds are fully healed.
- Wound Care and Showering** You will go with your arm positioned in a sling. Remove the sling tomorrow and begin to move your shoulder, as tolerated. Continue to wear for comfort for 2-3 days then discontinue. DO NOT apply cream or salves to your incisions; they will increase the risk of infection/contamination and do not help with healing. You may shower in 3 days keep the bandages on when you shower. Do not immerse in water for at least one week. After showering change the bandages and cover the incisions with band-aids.
- Ice** Apply ice to the shoulder area for 20 minutes at a time and repeat 4-6 times a day. Repeated use of the ice pack will decrease your swelling and pain.
- Return Visits** The office will call you to schedule your post-operative appointments.
- Emergency** Notify the office if you develop a fever >101°F, with unusual increase in pain, redness, and warmth. Report any pus or unusual drainage to our office immediately. It could be a concern if your incisions swell or have drainage. If you encounter any problems, please call our office. Pain unrelieved by prescribed medication or numbness and/or tingling, pale, blue or cold arm should be brought to the doctor's attention.

**** If you feel chest pain or shortness of breath, please go to the nearest ER for evaluation. Do not call the office or wait for an appointment; although extremely rare, this could be a blood clot in the lungs. ****