

Shoulder Arthroscopy Post-Operative Instructions

Medications

- Local anesthetic is often used during the surgery or provided by the anesthesia team in the form of a block. When this medication wears off, it is not uncommon for pain to increase rapidly. To avoid “getting behind” we advise patients to take narcotic medications before these medications wear off.
- Take Oxycodone 5 mg 1-2 tablets every 4-6 hours **as needed** for pain.
 - The most frequent side effects of Oxycodone include drowsiness, constipation, nausea, and itching. Do not drive or operate heavy machinery while taking Oxycodone. Most patients need narcotic pain medications after shoulder surgery. However, please note that oxycodone can be habit forming and the minimum dose should be taken as infrequently as possible. Please keep all medications in a secured location and dispose of them when they are no longer needed. Oral Benadryl (Diphenhydramine) can be helpful for itching, but can compound drowsiness.
 - Please note that refills for this medication will **not** be dispensed after 3 PM on Fridays.
- Take Colace (Docusate) 100 mg 1 tablet twice a day **as needed** for constipation. If you experience loose stools or diarrhea, stop taking Colace. If constipation persists, over-the-counter Milk of Magnesia, Dulcolax, and Miralax can all be helpful.
- Take Zofran (Ondansetron) 4 mg 1 tablet every six hours **as needed** for nausea.
- Take Tylenol (Acetaminophen) 500-650 mg 1 tablet every 4 hours (maximum of 3 grams per day) **as needed** for pain. The Oxycodone prescribed does not contain any Tylenol. Initially after surgery, to experience the most continual pain relief, we recommend staggering Tylenol and oxycodone so that one medication is received every 2 hours, to avoid “peaks and valleys”.

Diet

- Resume a regular diet as soon as possible. Start with clear liquids and light foods (jello, soup, etc.). Once nausea has resolved, Dr. Chalmers recommends a diet rich in fruits, vegetables, and fiber to provide your body with the nutrients it needs to heal.

Sling

- Use the sling for □as needed, □4 weeks, □6 weeks. Once you are beyond this period, you may discontinue the sling, but you may prefer to continue to use the sling in unpredictable situations and in crowds, to alert others that you recently had shoulder surgery.
- Remove the sling while keeping the shoulder still for: dressing, bathing, therapy, and exercises.
- To remove the sling: unfasten the neck strap, unfasten the waist strap, and slide the arm out while allowing the elbow to straighten. Reverse the process to replace. Keep the arm by the side during this process. If the sling is correctly positioned, the arm is parallel to the floor and the hand is at the belly button.
- Sleep in your sling. **You cannot remove the sling to drive.** We do not recommend driving while wearing a sling. Insurance companies will NOT cover accidents incurred while wearing a sling.
- Remove the sling 3 times a day for 15-20 minutes at a time. During this time, maximally straighten and bend your elbow. Maximally straighten and bend your wrist. Make a tight fist and then maximally straighten your fingers. Repeat each of these exercises for 10 repetitions. These exercises are very important to retain mobility in your elbow, wrist, and hand.

Activity

- Increase your activity levels as anesthetic medication wear off.
- Place a pillow behind the elbow when sitting or lying down to decrease pain.
- Most patients finding sleeping in a “recliner” position, either in a chair or with pillows in bed, to be the most comfortable after surgery. Return to normal sleeping when you are comfortable.
- Long periods of sitting and long-distance travel within the first two weeks after surgery may increase discomfort but are not dangerous. If this is necessary, take frequent breaks by standing and walking.

- Most patients return to desk work or school 3-4 days after surgery, if pain is tolerable.
 - o **If you had a rotator cuff repair**, do not actively (using the muscles of the operated-upon arm) lift your arm away from the side of the body or reach behind your back.
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Dressing care

- Remove the shoulder dressing on post-operative day 3. If you had a pain catheter placed prior to the surgery, remove the dressing and the catheter at this time as well. **If you had a biceps tenodesis and have a plastic dressing on the arm close to the armpit, do not remove that dressing until follow-up with Dr. Chalmers.**
 - You may shower once the dressing is removed. Let water run over the incisions, **do not scrub the incision**. Pat the wound dry. Do not place any alcohol, lotion, or ointment on incisions. Leave the incisions open to air. Prior to dressing removal you may shower, but **the dressing must stay dry**. Some patients use a plastic covering for the dressing and others will use a sponge bath.
 - Do not immerse the shoulder in water (bath, pool, etc.) **until four weeks post-operatively**.
 - A small amount of wound drainage is common. If noted, please cover the incisions with small band-aids until it clears.
 - It is normal for the shoulder to bleed and swell following surgery. Bruising of the shoulder, arm, chest, and flank are common and normal even with arthroscopic surgery.
 - Ice is very important after shoulder surgery and should be used continuously over the dressing for the first three days. Following dressing removal, use the ice three to five times per day for 20-40 minutes, especially before sleep. You may use ice within a plastic bag, gel ice packs, or an ice machine. Always place a towel or cloth between ice and skin to avoid frostbite.
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Follow-up

- A follow-up appointment has already been made for you:
Time: _____ Date: _____ Location: _____
 - Please do not hesitate to contact our office with any questions or concerns. We are happy to help. After hours you will be directed to the doctor on-call.
 - Please call the office if you experience: excessive wound drainage or drainage for longer than five days after surgery, redness surrounding the incisions, difficulty breathing, calf pain, or numbness or tingling in the arm or hand that was not present before surgery and has lasted more than 24 hours.
 - Fevers are not uncommon after surgery and usually are not a sign of an infection. If you experience a fever in the first five days, take Tylenol and continue to monitor your temperature. Please contact the office with any fever that occurs beyond five days post-operatively or continues despite Tylenol and other adjuvants.
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Contact Info

- Medical Assistant Jessica Robinson: (801) 587-0064
- Surgery Scheduler Adriana Martinez: (801) 587-2177
- After Hours Emergency Contact: (801) 581-2121 (Ask to speak with the orthopaedic resident on call)
- Practice e-mail: chalmerspractice@hsc.utah.edu