



### **Shoulder Arthroscopy Post-Operative Instructions**

**Rest But Walk:** Plan to rest from your normal activities for 1-2 weeks following surgery. You must be off all narcotics before you return to work, drive a car or operate machinery. Get up and walk around every hour to help prevent blood clots.

**Sling:** You will be given a sling to wear for 1-6 weeks depending on the surgery you have. Dr. Koo or Claudia will discuss when to wear this. Generally, we require that you sleep in the sling and wear it when you are out in public around other people. When you are at home we would like you to remove the sling during the day and do your exercises as directed by Dr. Koo and Claudia.

**Lifting:** No lifting anything over 2 pounds. No pushing yourself up off of a chair or out of bed with the surgical arm.

**Ice:** Ice your shoulder as much as possible to help decrease pain and inflammation. For the first 3 days following surgery ice in 30 minute increments while you are awake. After the first 3 days you can ice as needed for pain and inflammation.

**Sleeping:** Sleeping can be difficult for the first month following surgery. Sleeping in a recliner will help, if you do not have a recliner, sleeping in bed propped up with pillows is also helpful.

**Bandages:** Keep your incisions dry for 3 days, after this it is okay to remove the bulky dressing and shower. Keep your steri-strips in place until your first post-operative appointment. The steri-strips can get wet in the shower. Do not soak your wound in a hot tub for a month after surgery. Do not apply Band-Aids, ointments or creams.

**Work:** We recommend staying home until your first post-operative appointment. Please bring any return to work paperwork with you.

**Physical Therapy:** Physical therapy depends on the surgery that you have done. This will be discussed at your pre-operative appointment and first post-operative appointment.

**Pain Medication:** Start taking your pain medication as soon as you get home. Typically Oxycodone is given; you can take up to 3 tablets every 4-6 hours for severe pain. You can take Tylenol with Oxycodone if needed. Pain medication should be taken with food to help prevent nausea. Constipation is a very common side effect of pain medication, to help with this drink plenty of water, eat fruit and take Miralax twice a day while you are taking the medication. Prescription refills can take 24 hours to process and have ready for pick up. By law, narcotics must be written prescriptions, we cannot call or fax refills into your pharmacy.

**Your Medications:** You can go back on all of your previous medications when you get home from surgery unless otherwise directed by the prescribing doctor.

**Post-Operative Appointment:** You will see Claudia or Dr. Koo 7-10 days after your surgery. If this appointment has not been scheduled, please call to schedule as soon as possible.

**Call:** Please call us if you have severe, unrelenting pain in your shoulder, swelling that does not get better with ice after 24 hours, a fever of over 101 degrees, chills, flu like symptoms or problems urinating.