

After Arthroscopy

Post-operative instructions following shoulder surgery

Diet

1. Begin with liquids and light foods (jellos, soups, etc.). Progress to regular diet as tolerated.

Period Following Surgery

1. Be in the care of a responsible adult.
2. Do not drive or operate machinery.
3. Do not make important personal business decisions or sign legal documents.
4. Do not drink alcoholic beverages.

Activities

1. Apply ice pack to shoulder every two to three (2-3) hours for 48 to 72 hours after surgery. Avoid use of the sling, unless necessary, in cases of severe pain.
2. Normal activities are encouraged as tolerated.
3. Do not engage in activities which increase pain or swelling in your shoulder, such as heavy lifting, pushing or pulling.
4. Return to work depends on your type of employment.

Incision Care

1. Maintain your post-operative dressing; keep it clean and dry.
2. Remove surgical dressing on either the second or third day and cover the incision(s) with Band-Aids.
3. Keep the surgical incision(s) dry for one week. Use a plastic bag or plastic wrap to cover the shoulder during showers. Avoid immersing in water.

Medications

1. Oral pain medication has been prescribed for the first few days. Do not combine with alcoholic beverages.
2. When taking pain medication, be careful as you walk or climb stairs.
3. Do not take medications that have not been prescribed by your physician(s).
4. Pain Buster: This is a local anesthetic infusion pump, often installed during surgery. It is self-contained. There is no need to hang, or squeeze the unit. It will automatically instill local anesthetic at the surgical site in order to help control post-operative pain. Clear dressing must be left intact. Small amount of drainage is expected.



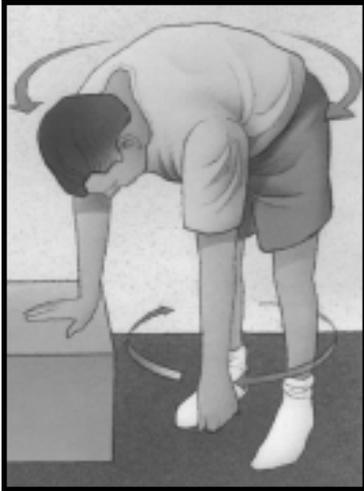
Contacting Your Physician *Call if any of the following are present:*

1. Increased swelling or numbness.
2. Unrelenting pain.
3. Fever or chills.
4. Redness around incisions.
5. Color change in hand or arm.
6. Continuous drainage or bleeding from incision(s). A small amount is expected.

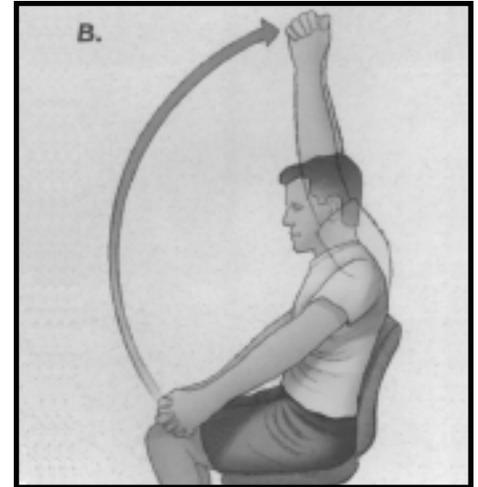
After Arthroscopy *Continued*

Exercises

Begin exercises within 24 hours of surgery to maintain shoulder range of motion.



1. Pendulum, Circular. Bend forward 90 degrees at the waist, using a table for support. Rock body in a circular pattern to move arm clockwise ten (10) times, then counterclockwise ten times. (Do three sessions per day.)



2. Shoulder Flexion (Assisted): Clasp hands together and lift arms above head. Can be done lying down (A). As pain decreases, progress to a sitting position (B). Keep elbows as straight as possible. Repeat 10 to 20 times. (Do three sessions per day.)



3. Supported Shoulder Rotation: Keep your arm and elbow at your side. Slide Forearm back and forth. Repeat 10 times. (Do three sessions per day.)