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Shoulder Arthroscopy Discharge Instructions

PAIN MANAGEMENT

- **INTERSCALENE NERVE BLOCK** - A combination of local anesthetics are used to numb your shoulder and arm so your brain will not receive any pain signals during and immediately after surgery. The length of effect varies from person to person, but the block usually provides 8-12 hours of pain relief. You will notice a gradual increase in pain as this begins to wear off at which time you can increase the frequency of the oral pain medications as needed.
- **ORAL PAIN MEDICATIONS**
 - Tylenol 500 mg
 - Start by taking one tablet every four to six hours when you arrive home after surgery so you have some medication on board when the block wears off. You should take this on a regular schedule for the first few days after surgery
 - Naproxen 500 mg
 - Take 1 tablet twice per day to help with pain and inflammation. You will take this for 2 weeks.
 - You should take this medication with food.
 - Tramadol 50 mg
 - This is a non-narcotic pain medication.
 - You may take this medication every 4-6 hours as needed for moderate level pain (pain scale 4-7).
 - Oxycodone 5 mg
 - This is a narcotic medication.
 - If the Tylenol and Tramadol are not controlling your pain, you may take one to two tablets every 4-6 hours as needed for severe pain (pain level 8-10).

SIDE EFFECTS OF THESE MEDICATIONS INCLUDE DROWSINESS AND CONSTIPATION. **YOU SHOULD NOT DRIVE OR DRINK ALCOHOL WHILE TAKING THESE PAIN MEDICATIONS.**

- **OTHER MEDICATIONS**
 - Zofran 4mg
 - This is a nausea medication that is only taken if you feel nauseous.
 - Pantoprazole/Omeprazole 40mg
 - This medication is to protect your stomach while you are on the Naproxen
 - Take this medication once a day while you are taking the Naproxen.
 - Colace 100mg
 - This medication is for post-operative constipation.
 - You may take this medication twice daily as needed for constipation.
- **ICE MACHINE**
 - Recommend using **1 hour on, 1 hour off for the first 2 days after surgery while awake**

- Do not place pad directly on skin – make sure there is a barrier such as a t-shirt or towel
- After the first 2 days you may use the ice machine as needed for comfort
- If you did not opt for the ice machine, you may use ice packs on the surgical area for 20-30 minutes every 1-2 hours

ACTIVITY INSTRUCTIONS

- **SLING:** Length of sing use depends on the exact surgical procedure you had done
 - You will need to wear the sling at all times (during the day and at night). You may remove it to *shower, get dressed, and do your exercises/physical therapy*. When the sling is off you may let your arm hang straight down at the side.
 - You can adjust the straps on the sling as needed for comfort. Be sure that your arm is well-supported and your forearm is parallel to the floor.
 - **We recommend that you DO NOT drive during the period of time your arm is in the sling**

WOUND CARE & BATHING

- **BANDAGE**
 - You have a large, bulky bandage on your shoulder that you may remove **2 days** after your surgery. Simply peel off all of the tape and underlying gauze.
 - After the dressing is removed, you will see that the incisions are reinforced with white adhesive bandages called Steri-Strips – leave these on until your sutures are removed.
 - Cover the incisions with a new bandage once daily – Band-Aids or gauze and tape will work just fine.
 - Keep the incisions clean and dry – do not put any alcohol, lotion, or ointment on the incisions.
- **BATHING**
 - You can shower once the initial dressing is removed (2 days post-op). However, the incisions need to stay dry and covered and in the shower until the sutures are removed at 10-14 days post-op. Waterproof bandages work very well for this.
 - To wash under your arm, bend forward and allow your arm to hang straight to the ground. You should not attempt to lift your arm overhead to wash under your arm.
 - Do not submerge the incisions in a bath, pool, or hot tub until the sutures are removed **and** the wound is healed.
- **SUTURE REMOVAL**
 - Stitches will need to be removed in **10-14 days**. Please contact our office to make an appointment for this if you have not already done so.
 - We prefer that you return to our office to have your sutures removed. If you live a great distance away and are unable to do so, you may have a local physician remove your sutures.
 - If you choose to do this:
 - **You must first contact that physician to confirm that they are willing and able to do so.**
- Keep an eye on your incisions for **signs of infection**:
 - Excessive drainage that is soaking through your dressing, especially if it is pus-like
 - Redness that is spreading out from the edges of your incision
 - Fever or increased warmth around the surgical area

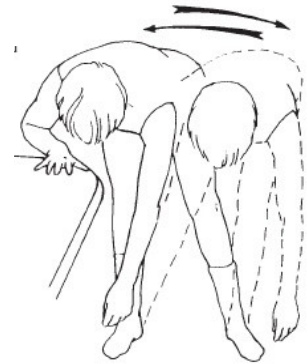
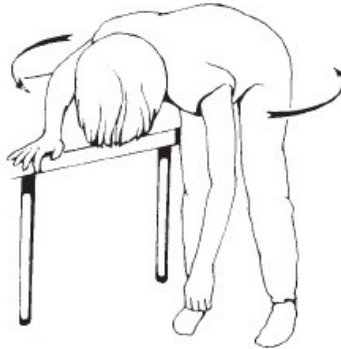
CONTACTING OUR OFFICE

- When to contact our office immediately:
 - Fever > 101.5°F

- Excessive bleeding from incision(s)
- Signs of infection of incision(s)
- Excruciating pain for which the pain medication is not helping

PHYSICAL THERAPY

- You may begin the home exercises listed below **tomorrow**. You can remove your sling to perform these exercises.
 - **PENDULUM EXERCISES** (10-15 repetitions per set | 2 sets | 3 times daily)
 - Bend forward at the waist using a table for support. Rock body in a circular pattern to move arm clockwise 10-15 times per set. Do 2 sets 3 times per day. Repeat rocking body from side to side and let arm swing freely.



- **ELBOW MOTION** (10-15 repetitions per set | 2 sets | 3 times daily)
 - Remove sling and allow arm to rest at your side (you may perform this sitting or standing). Allow your arm to straighten at the side, then gently bend elbow up. Position forearm with thumb facing up.



- **HAND AND WRIST EXERCISES** (10-15 repetitions per set | 2 sets | 3 times daily)
 - With your arm comfortably supported, gently bend wrist back and forth.
 - Curl the fingers into the palm to make a loose fist and then straighten them out.

