

Shoulder Arthroscopy PO instructions

Dr. Marino

Wound care:

- Your shoulder will have a bulky dressing on after surgery, this is to absorb fluid used during your shoulder arthroscopy.
- It is normal for your incision to bleed/swell some after surgery, in the unlikely event that your bandage is soaked through change out bandage to dry dressing to help with fluid absorption.
- Remove surgical dressing on 3rd day post surgery, leaving steri strips in place. Apply band aids/clean dressing over incisions and change as needed.
- To avoid infection, keep surgical incisions clean. You may shower after the 3rd day post, its okay to let the water run over incision site but do not submerge.

Medication:

- The nerve block that is administered before surgery will typically last 12-18hrs. After the block wears off it is not uncommon for a patient to encounter more pain for the first 24-48hrs following surgery. If this is the case for you, you may double up on your narcotics (oxycodone- acetaminophen 5-325) taking 2 tablets every 4hrs instead of the prescribed 1 every 4-6hrs. After the first 24/48hrs you should transition back to the 1 tablet every 4-6hrs as needed.
- Common side effects to the pain medication can be nausea, vomiting, constipation, and itching. We recommend over the counter stool softener while taking pain medication. When taking your pain medication make sure you are eating with it to avoid nausea, if still a problem call to get a prescription for nausea meds.
- Do not drive or operate machinery while taking narcotics.

Activity:

- Leave sling on at all times until post op appointment. At that time we will give further instructions on restrictions depending on the type of surgery you had.
- When sleeping we suggest sitting/laying at an inclined position, it tends to be a more comfortable position.
- 3 months is typically the time frame we keep patients out of work for most shoulder procedures (excluding manipulations).
- Physical therapy is an important part of your recovery. Therapy is suggested to be set up prior to surgery to start 1 week after your PO appointment.
- Icing is helpful in reducing inflammation after surgery and should be started ASAP as needed.

Follow up:

You will be seen in the office for your post op appointment 7-10 days after surgery for suture removal and to discuss surgical results. If you have any questions/concerns that need to be addressed prior to your follow up appt please contact the office at 910-235-2915 and ask to speak to Francesca or email her at fweeden@pinehurstsurgical.com.

Triage # 910-215-2658 for any concerns/medication request

On call physician # 910-725-1000 for after hr concerns