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 **PINEHURST SURGICAL**  
e x c e l l e n c e i n p r a c t i c e  
Surgery Center of Pinehurst

### Shoulder Arthroscopy Home Care Instructions

#### GENERAL & BARIATRIC SURGERY

RAYMOND G. WASHINGTON, M.D.  
FABIAN E. ALZAMORA, M.D.  
H. WILLY CHU, M.D.  
DAVID W. GRANTHAM, M.D.  
REID C. VEGELER, M.D.  
BAILEY SANDERS, M.D.

#### EAR, NOSE & THROAT, HEAD & NECK

CARL W. BERK, M.D.  
JEFFERSON K. KILPATRICK, M.D.  
WYMAN T. MCGUIRT, M.D.  
WALDEMAR L. HEFKOHL, M.D.  
MATTHEW R. GRAFENBERG, M.D.  
JUSTIN D. MILLER, M.D.

#### WOMEN'S COMPREHENSIVE HEALTH

STEPHEN A. SZABO, M.D.  
WILLIAM V. TERRY, M.D.  
LISSETTE MACHIN, M.D.  
SHAYNA S. JONES, M.D.  
TAYLOR MCCAULEY, M.D.  
RYAN B. NANCE, D.O.

#### UROLOGIC SURGERY

ROBERT J. CHAMBERLAIN, M.D.  
GREG L. GRIEWE, M.D.  
MANLIO A. GOETZL, M.D.  
JOHN R. MICHALAK, M.D.

#### VASCULAR AND VEIN CARE

CLINTON K. ATKINSON, M.D.  
PAUL A. VIETA, JR., M.D.  
GLENN FUSONIE, M.D.  
DAVID ADAMOLEKUN, D.O.

#### OPHTHALMOLOGY

MILES W. WHITAKER, M.D.

#### ORTHOPAEDIC SURGERY

MARK E. BRENNER, M.D.  
WARD S. OAKLEY, JR., M.D.  
NEIL A. CONTI, M.D.  
JOHN R. MOORE, IV, M.D.  
DAVID E. STROM, M.D.  
DAVID J. CASEY, M.D.  
KURT P. WOHLRAB, M.D.  
DANIEL M. WILLIAMS, M.D.  
CHRISTOPHER M. JOHNSON, M.D.  
JAMES T. MARINO, M.D.  
TONI A. WASHINGTON, M.D.  
DANIEL M. WILLIAMS, MD  
ALEXANDER C. LEMONS, M.D.  
LYNN M. FRASER, M.D.

#### PLASTIC & FACIAL PLASTIC SURGERY

RUSSELL B. STOKES, M.D.  
JEFFERSON K. KILPATRICK, M.D.

#### Bandages:

Keep dressing clean and dry for 72 hours. All sutures are inside. You may take the dressing off on post-op day #3 and begin showering. Once you take the bandages off there will be steri-strips over the incision, leave these on until post-operative visit unless they fall off on their own. Keep area clean and dry once bandages are removed.

#### Activity:

**Sling:** You can move your elbow, as comfort and tolerance allow. Do not move your shoulder when doing exercises. Use the sling for comfort until your follow up appointment, unless otherwise directed by Dr. Wohlrab.

**Immobilizer:** You must keep the immobilizer on for 6 weeks. You may take it off 72 hours after surgery to shower, but it must be worn at all other times, even while sleeping.

**Exercises:** Pendulum exercises and range of motion of the elbow is allowed, starting immediately after surgery.

#### Ice:

Ice will help relieve the swelling and pain. Use the ice bag on your shoulder for 48 hours, 20 minutes on and 20 minutes off.

#### Medication:

A prescription for a pain killer will be provided and is usually needed for the first few days after surgery. It may cause nausea and constipation. Please take the medication with food and drink plenty of fluids to stay hydrated. If you experience severe nausea with the medication, please contact my office. Do not drive as long as you are taking pain medication.

#### Follow-up Appointment:

Please keep your scheduled post-operative appointment or call us if it is inconvenient so that we can reschedule you.

#### Things to watch out for and call the office about are:

**Bleeding:** if the bandage becomes soaked or the bloody area is larger than the size of a hand, call the office.

**Signs of Infection:** redness, tenderness, pain, swelling or green/yellow discharge around incision site)

**Fever:** above 101

**Pain:** unrelieved by the pain medicine

**Difficulty breathing**

If you have any problems or questions after your surgery call

- Dr. Wohlrab's Triage Line at 910-621-3791.
- After office hours at 910-715-1000 and ask for the Pinehurst Surgical Orthopedic Doctor on call.
- Our Afterhours Clinic is also available to walk in Monday-Friday 5PM-7PM, Saturday 9AM-11AM and Sunday 1PM-3PM.