

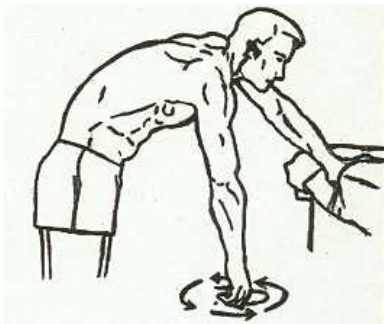
## Shoulder Arthroscopy Post-Operative Instructions

### Your procedure included:

Rotator Cuff Repair                       Biceps Tenodesis       Labral Repair  
 Distal Clavicle Resection               Subacromial Decompression

### While recovering from your shoulder arthroscopy, please observe the following guidelines:

1. **Rest:** Rest the remainder of today and gradually resume activities as tolerated tomorrow. When not moving about, try to keep your hand **elevated**, above the level of your heart, to help reduce any hand swelling.
  2. **Ice:** If you have a **cooling machine**, it should be used continuously for 48 hours and then as needed. If you do not have a cooling machine, apply a large bag of ice to your shoulder every 1-2 hours for 20-30 minutes at a time when you are awake for the next 48 hours. Continue for 20 minutes in the morning and at night until your next office visit.
  3. **Eating:** When you feel up to eating, begin with clear fluids. If you tolerate this, you may resume your regular diet.
  4. **Dressing:** The dressing on your shoulder was applied in a sterile environment. If possible, try to keep this dressing dry and intact for 48 hours. During surgery a lot of water was used. It is normal to see some light bloody drainage on the dressing in the first few days.
  5. **Dressing change:** You may remove the dressing 48 hours after surgery and take a shower. Don't scrub the surgical area. Pat the area dry with a towel and apply Band-Aids over the incisions. Steri-strips (tapes) do not need to be removed.
  6. **Medication:** Some post-op pain should be expected. You were given a prescription for pain medication after surgery. This medication may cause nausea and/or constipation and is best taken with food. A stool softener, such as **colace**, is strongly recommended while taking the pain medication. You may use an over the counter **laxative**, if needed.
  7. **Use of the shoulder** (to be checked by your physician on day of surgery)
    - Wear the sling for comfort for 1-2 days
    - Continue to wear sling. Duration will be discussed at your post-op visit. If appropriate, your physician will place a pillow with your sling.
    - Do not raise the affected arm.
    - \*Flex & extend your elbow at least 5 times per day
    - \*Pendulum exercises (see diagram on next page)
    - \*Ball squeezes
- \*Begin the exercises above **24 hours** after your surgery.



**Pendulum Exercises:** Bend over at the waist and balance with the good arm. Let the surgical side relax and swing with gravity alone, first circles clockwise then counter clockwise. Perform this 3 times a day, 25 repetitions each time

8. **Follow-up:** You should have a scheduled post-operative visit. This is usually scheduled for seven to ten days following surgery.
9. **Do not hesitate to call if you are experiencing any of the following:** Fever, chills, numbness or tingling, worsening pain in spite of taking the prescribed medication, difficulty urinating or anything else which seems out of the ordinary. If it is after office hours, please contact the **answering service (203) 869-1145**. Let the doctor know that you recently had surgery and explain the situation to them.
10. **Physical Therapy:** At your first post-operative appointment, you will discuss when to start physical therapy.

Patient: \_\_\_\_\_ Date: \_\_\_\_\_

Physician: \_\_\_\_\_