

## **Shoulder Scope Post-Operative Instructions**

### **Pain Control:**

Pain after surgery is to be expected. Percocet or Vicodin should be taken in the form of 1-2 tablets every 4 hours as needed. You can also take up to 800mg of Motrin every 8 hours as needed for pain. You will likely need these medications frequently for the first 1-2 days after surgery, however as the pain improves, begin to wean off the opioid pain medication. If you received a pain block from anesthesia, take pain medication prior to going to sleep on the day of surgery as these blocks typically wear off in the middle of the night. You have also been provided with a stool softener (Colace/Surfak). Take this daily to prevent constipation resulting from the Percocet or Vicodin. The third medication (Phenergan or Zofran) is to take as needed for nausea. The fourth medication is aspirin 325mg daily for blood clot prevention. Take this for 14 days after surgery.

### **Activity:**

Keep your shoulder in the sling provided at all times except for showering/bathing and performing pendulum exercises. These are to be performed three times daily for 5-10 minutes as instructed in clinic. Only let the arm hang and do not actively use the shoulder muscles. Perform hand gripping and forearm rotation several times daily in the sling. Your specific rehab protocol will be discussed at your first post operative visit in 4-14 days.

No alcoholic beverages for 24 hours after surgery. Do not stay alone for 24 hours. Do not sign important papers or make important business decisions for 24 hours.

### **Ice/Polar Care:**

For pain, discomfort, or swelling, you may use ice packs or a polar care device if provided. The maximum benefit is the first week after surgery. Use ice for no more than 1hr at a time. Check your skin after icing to ensure there are no problems.

### **Dressings/Wound Care/Showering:**

Keep dressings/bandages in place until the THIRD post operative day (at least 72 hours from the time of surgery) unless otherwise instructed. Keep dressings clean and dry. After removal you may cover the wounds with band-aids or gauze however this not required. It is not necessary to apply any ointments or creams. Once dressings have been removed after 72 hours, you may shower by letting water run over the wounds. Do not scrub the wounds. NO SUBMERGED BATHING IN HOT TUBS, POOLS, OCEANS, BATHTUBS for 4 weeks after surgery.

### **Physical Therapy:**

This will begin within the first 2 weeks after surgery. The referral has been placed or your athletic trainer has been notified. Please schedule your first appointment as soon as possible.

### **Diet:**

Resume your regular diet after surgery. Increase use of fiber and drink plenty of fluids to prevent constipation from the anesthesia and narcotics. Avoid the use of supplements however multi-vitamins may be taken. Do not drink alcohol while taking narcotic pain medication.

**Convalescence/Driving:**

We strongly recommend against automobile travel longer than 2 hours or airline travel within the first 2 weeks of surgery due to increased risk of blood clots. **NO DRIVING OR OPERATING MACHINERY WHILE TAKING OPIOID PAIN MEDICATION.**

**Follow Up:**

You should have an appointment scheduled with your surgeon 4-14 days from the day of surgery. If not, please contact our clinic as soon as possible.

**GO TO THE EMERGENCY DEPARTMENT OR CONTACT ANESTHESIA IF YOU EXPERIENCE:**

Headache following spinal anesthesia

Prolonged dizziness

Weakness

Unexplainable sensations or experiences recalled from your operation/procedure.

**RETURN TO THE CLINIC OR EMERGENCY ROOM FOR THE FOLLOWING:**

- Increasing pain or swelling not relieved by medication, ice, or elevation
- Redness, warmth, increased incision tenderness, drainage, or foul smell
- Bleeding that does not stop
- Numbness in the leg or foot
- Temperature >101.4F
- Any other concerns

**Questions or concerns? Call the clinic at 615-936-7846 or use your MHA V portal to send a message to the triage nurse.**