

*Thank you for choosing us!*



# Shoulder Arthroscopy

*...after the procedure*



A Guide to Your **Discharge** and **Recovery** Process

## Medications

- ◆ A prescription for pain medications will be given to you upon dismissal. Please use the medications for pain as needed, and as prescribed.
- ◆ You may also take over-the-counter Ibuprofen (as directed) for pain in addition to your prescription **UNLESS** you are allergic, have stomach ulcers or kidney failure.

## Activities

- ◆ A sling or immobilizer will be provided for you after surgery, depending on what your doctor decides best meets your needs.
- ◆ If you have rotator cuff surgery, your arm **MUST** stay in the immobilizer except when bathing and doing exercises. Do **NOT** lift your shoulder yourself. The exercises are passive and gentle.

## Swelling

- ◆ Use cold packs as much as possible after surgery to help reduce swelling and relieve pain. Apply 20-30 minutes each time.
- ◆ Sleeping with your head and shoulders elevated will help reduce swelling and relieve pain. You may find that sleeping in a recliner is more comfortable for you after your surgery.

## Incision Care

- ◆ You may remove your dressing 48 hours after your surgery to clean your incision.
  - ⇒ **If you have sutures**, clean the incision daily with rubbing alcohol. Cover your sutures with a small, clean gauze dressing to protect it from rubbing on your clothing. Change the gauze dressing daily using a new clean dressing.
  - ⇒ **If you have steri-strips**, clean the incision daily with soap and water, then pat dry. Leave the steri-strips open to air. Do not remove the steri-strips. Your doctor may remove them at your follow-up visit.
- ◆ Once you remove your dressing (whether you have steri-strips or sutures), you may rinse off your incision in the shower using clean soap and water.
- ◆ Despite the greatest care, any wound can become infected. Contact your physician immediately if you run a fever, if your wound becomes more painful rather than less painful as days go by, becomes swollen, reddened or shows pus or red streaks.

## Exercises

- ◆ It is important to bend your elbow and wrist, as well as move your hand and fingers to prevent stiffness from sling use. This will help with circulation, reduce swelling and aid in your healing process.  
**Do this four times(4x) daily.**



## **Only start exercises if you have been instructed to do so by your doctor.**

You may be instructed to start additional exercises after your surgery, depending on what your doctor decides best meets your specific needs and what procedure was performed.

### PENDULUM EXERCISES

- ◆ Gradually bend forward 90 degrees at the waist, using a table or chair for support. Your operative arm should be hanging perpendicular to your body.
- ◆ Sway your body back and forth, using the weight of the arm and gravity to general small movements in the surgical shoulder. First move the arm side to side, then forward and back, and finally small circles clockwise and counter-clockwise.
- ◆ It is important to be relaxed and allow the shoulder and arm to move smoothly and slowly. Don't force any movements; allow them to happen as your shoulder loosens.



**Depending on your surgery, your doctor may also provide you with a home exercise program. If so, an additional paper with the exercise instructions will be provided for you up dismissal.**

An appointment will be made for you prior to you leaving the hospital or you will be given instructions on how/when to schedule your follow-up appointment.