

Shoulder Arthroscopy – Patient Information

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ACTIVITY:

- You should flex and extend your fingers, wrist, and elbow as several times throughout the day.
- Wear the sling with the black pillow at all times, including while sleeping. Dr. LaFrance will determine in your follow-up visits when it is ok to remove the sling, usually 6-8 weeks.
- You may find it more comfortable to sleep in a reclining chair or in a seated position for the first week.
- No lifting with your arm.
- Physical Therapy will start after you are seen in the office.

Exercises:

- On the day after surgery you should begin 3 exercises three times per day
 1. Scapular retraction exercises – squeeze your shoulder blades together like you are trying to hold a marble between the. This can be done with your sling on
 2. You can begin circumduction exercises
 3. You can begin to passively lift your shoulder up to 90 degrees. Use your other hand to lift your operative arm and pull your operative arm down against the resistance of your hand to help relax your rotator cuff muscle.

DIET:

- Start with liquids and advance your diet as tolerated.

Medication:

- Take the prescription pain medicine (OxyContin/Percocet) as prescribed. DO NOT take Tylenol in addition to this.
- Ibuprofen or Advil can be taken in addition to the narcotic
- If you are taking prescription pain medication, you should not drive, operate machine/power tools, or drink any alcoholic beverages.

DRESSING:

- Keep your dressing clean and dry. Remove your tape dressing after 48 hours

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and apply Band-Aids to your incision sites.

- If you had a biceps tenodesis performed you will have an extra clear plastic dressing over a white gauze pad in the front of your shoulder. Leave this in place while you take your first shower. You will be given a dressing at the time of surgery to change this after you shower. This incision must stay covered and dry until you see Dr. LaFrance in follow-up.
- You may shower once the wounds are dry and not draining (48 hours)
- Use ice over your shoulder for 20 minutes intervals (no longer) for 3-4 times per day during the first week after your surgery. Be sure to use ice after physical therapy.

SPECIAL INSTRUCTIONS:

- Once you are off pain medications and out of the sling then you may drive.

YOU SHOULD CALL YOUR DOCTOR FOR ANY OF THE FOLLOWING:

- Fever greater than 101.5° F
- Redness, warmth in the leg, knee, or calf
- Foul smelling drainage from the incision
- Pain uncontrolled with pain medication as prescribed by your doctor
- Persistent nausea or vomiting into the next day
- Increased swelling of your fingers or severe tightness of bandage

FOLLOW-UP CARE:

- Your postoperative appointment 7-10 days after surgery will have been made for you when surgery was set up.