**Post-Operative Instructions: Shoulder Arthroscopy Surgery**

**Your post-op appointment is on:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Your post-op prescriptions have been sent to:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Your post-op appointment is at** *(check one)***:**

 UOC Altoona, 3000 Fairway Dr, Altoona, PA 16602, Phone: 814-942-1166

 UOC Roaring Spring, 121 June Dr, Roaring Spring, PA 16673, Phone: 814-231-2101

 UOC Bedford, 125 Willow Grove Dr, Everett, PA 15537, Phone: 814-231-2101

 UOC DuBois, Rice Complex, 90 Beaver Dr, Building D, Suite 211, DuBois, 15801, Phone: 814-231-2101

 UOC Huntingdon, JC Blair Memorial Hospital, 1225 Warm Springs Ave, Huntingdon, PA 16652,

Phone: 814-231-2101

 UOC Ebensburg, 1100 West High St, Ebensburg, PA 15931, Phone: 814-231-2101

 UOC Johnstown, 1450 Scalp Ave, Suite 301, Johnstown, PA 15904, Phone: 814-942-1166

Ice and elevation

During the first few days after surgery it is very important for you to keep your arm elevated and to ice your shoulder as much as possible. You may apply ice to your shoulder for 20 minutes at a time every 1 to 2 hours while awake. The more you can ice your shoulder the less pain and swelling you are going to have. If you develop swelling in the hand, you should keep your hand elevated as much as possible and apply ice to your hand. While icing your shoulder, occasionally rotate your wrist in clockwise and counterclockwise circles and open and close the hand several times to improve circulation and help prevent stiffness.

Sling wear

You may have a sling on your arm following your surgery. Your instructions for wearing the sling are *(see checked box)*:

 Remove when comfortable to do so

 Remove twice daily to gently flex and extend your elbow several times

 Remove only during bathing and changing the bandage

 Do not remove at any time

Even if you are allowed to remove the sling, it should always be worn in situations when someone may bump into your arm (ex. pets, children, crowds).

Pain

Some pain after surgery is normal and should be expected! You may be prescribed a narcotic medicine to help relieve your pain. While we will refill your medication during your early recovery, we will wean down over time the dose of narcotic that is prescribed. We will not provide anyone narcotics on a long-term basis.

You have been prescribed the following pain medication *(see checked box)*:

 Oxycodone IR (an as-needed pain medicine)

 Hydrocodone/acetaminophen (an as-needed pain medicine)

 Acetaminophen/codeine (an as-needed pain medicine)

 Tramadol (an as-needed pain medicine)

Please take medication only as prescribed. We will not be able to refill any prescriptions if medication is taken in excess of the prescribed dose.

You may also take 600mg ibuprofen (aka Advil, Motrin, etc.) every 6 hours in addition to the prescribed medication to relieve your pain if you are not already on any other anti-inflammatories. If you are prescribed a medication containing acetaminophen, do not take any over-the-counter medicines that contain additional acetaminophen (aka Tylenol). It is normal to require some form of pain medication temporarily after surgery.

Additional medications

You may be prescribed additional medications depending on the type of surgery performed and your anticipated recovery *(see checked box)*. These will be called into your pharmacy:

 Zofran – an anti-nausea medication to use to decrease nausea from pain medication or anesthesia

 Docusate – a stool softener to prevent constipation

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Wound care and bandaging

For the first 2 days after surgery do not allow your bandages to get wet. Getting your bandages wet will increase your risk of infection. Your instructions for changing your bandage are *(see checked box)*:

 Do not remove the bandage or the splint if one is present. This will be performed at your first postoperative appointment.

 You should change your bandage 2 days after surgery. Follow the steps below to change your bandage:

* + 1. Remove the dressing from the shoulder.
		2. If you have stitches, staples, or steri-strips over your incisions, do not remove them! We will remove any stitches or steri-strips in the office at your postoperative appointment.
		3. To clean your shoulder, dampen a piece of gauze or a cotton ball with either hydrogen peroxide or rubbing alcohol and pat the skin around your incisions.
		4. Cover your incisions with clean gauze. Bandaging supplies can be found at any drug store or large store such as Wal-Mart or Target.
		5. Change the bandage daily. If you are having no drainage from your incisions, you may cover them with band-aids instead of gauze.

Slight or occasional drainage is normal in the first few days after surgery. If you are having a lot of drainage, such as soaking a bandage in less than 30 minutes or heavy drainage lasting more than 3 days after surgery, please call the office to speak to your surgeon’s nurse or physician assistant.

Bathing

Initially after surgery you should sponge bathe yourself. Clean the area around your incision as directed above. Do not put any creams or lotions on your incision. If your incision is completely dry, you may begin showering 48 hours after surgery. When you do this, you may let soapy water run over the incision, but do not scrub the incision. You may not take a bath or get into a pool or Jacuzzi until given permission to do so. Do not begin showering if you are having drainage from your incision.

Reasons for concern

If you have any of the following signs, please call our office at any time:

* + Redness or excessive drainage around the incisions.
	+ A temperature greater than 101.5°.
	+ Persistent numbness or weakness in your arm.

Weight-bearing and physical therapy

How quickly your shoulder’s activity level is allowed to progress will depend on the extent of the procedures performed on your shoulder. Follow the following instructions between surgery and your first postoperative appointment *(see checked box)*:

 Non-weight-bearing – do not lift or tightly grip anything with your operative arm

 No heavy lifting – you may lift and lightly grip items, but no lifting > 2 lbs or tight gripping

 Activity as tolerated – you may perform non-painful activities as tolerated

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

You should walk around the house at least three times a day to aid in circulation and prevent blood clots.

If you are prescribed physical therapy, you will receive a prescription for therapy at your first postoperative appointment. Take the prescription to a therapist of your choice. You must bring your prescription to your first therapy appointment because they will be unable to start therapy without it.

If your surgery was performed as part of a Worker’s Compensation claim, it is a state law that we must define any tasks that you can perform. We are unable to list you as fully disabled beyond the first few weeks after surgery. All work restrictions and allowed activity will be reported to your employer and Worker’s Compensation insurance carrier.

Driving an automobile

Do not drive an automobile until someone from your surgeon’s team says that it is okay to do so. You will be allowed to drive a car once you are out of the sling and feel that it is safe for you to drive. You must also be off any narcotic pain medication before you are allowed to drive.

Prescription refills

For prescription refills and questions, please call the office early in the day to expedite our call to a pharmacy. If you leave a message, please include your name, phone number, date of birth, name of medication requested, any drug allergies, pharmacy name, and pharmacy phone number.

Questions or problems

If you have any questions or concerns, please contact the office at 814-942-1166. When the office is closed, there is someone on call for emergencies only. If you have an emergency, please call the office or go to the nearest emergency room.

*We at University Orthopedic Center wish you a speedy recovery! We will do our best to help you as you recuperate from your surgery. Please call us if you have any questions or concerns.*

*Thank you!*