DR. PORT’S IMPORTANT REMINDERS REGARDING YOUR SHOULDER ARTHROSCOPY

Your surgery facility will call you the day before surgery to let you know what time you are to arrive. Please be sure to bring your surgery folder and sling with you. Please discontinue any vitamins, minerals, or herbs 10 days prior to surgery. If you have a question regarding taking a medication the night before/morning of surgery, please contact your surgical facility for instructions.

You will be given several medications to use after surgery. You will be provided with an antibiotic, nausea control medication, and something for pain control. If you are over the age of 40, you will be provided with a script for 81 mg aspirin to be taken twice a day for 4 weeks following surgery. The aspirin is used to prevent blood clots.

The anesthesiologist may offer you a scalene nerve block at the time of surgery which can alleviate your pain for up to 18 hours following surgery. The purpose of the block is to help lessen the effects of general anesthesia with respect to postoperative nausea, control blood pressure, and pain control. Shoulder surgery can be quite uncomfortable and because of this, narcotic pain medication has been prescribed for you as well. Please take as directed. Even though you have been provided pain medication and a nerve block, you may still experience discomfort. Regularly ice your shoulder throughout the day to help alleviate pain and swelling in addition to using your pain medication.

If you experience weakness, dizziness, shortness of breath, calf, chest, rib, or back pain, an elevated temperature, or any other medical problems, please call the office immediately.

You will need to change the surgical dressing two (2) days following surgery and apply Band-Aids over your sutures. If you remove your initial dressing and there are steri strips over your incisions, you may leave these in place and cover with Band-Aids. You may not get the incision site wet; however, you may use plastic wrap and tape to cover the area in order to shower. Do not apply ointments or creams over your fresh incisions; they need to remain dry and covered until your follow-up. Please call the office if you have increased redness or drainage from your incision sites prior to your first post-op appointment.

A sling has been provided for your protection. It is necessary to wear your sling as directed by Dr. Port. Sling time varies depending on your procedure. It can be removed for dressing/bathing. You may intermittently remove the sling and actively move your elbow and your wrist, but please do not actively lift your shoulder away from your side until seen back in the office for further instructions. You may not operate a motor vehicle while you are in a sling. A ball approximately the size of your fist should have been provided to you; the ball should be squeezed throughout the day to reduce swelling in the hand. Continue to squeeze the ball throughout the day until you no longer are experiencing swelling in your hand. Many patients feel more comfortable sleeping in a recliner after surgery; however, it is safe to sleep in your bed.

Physical therapy is an important part of your recovery following surgery. The time frame when you start physical therapy depends on the specific procedure you had done. You may be given a script at the time of your surgery if you are to start therapy prior to your first post-op appointment. Typically, you will be given your therapy note during your post-op appointment.

Please call the office if you have any questions or concerns before/after surgery.