



## **IMPORTANT REMINDERS REGARDING YOUR SHOULDER ARTHROSCOPY**

### **Dr. Singer**

Your surgery facility will call you the day before the 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 for 10 days prior to surgery. If you have a question regarding taking medication the night before or the 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 nausea control medication, something for pain control and an anti-inflammatory.

The anesthesiologist may offer you a 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 with pain medication and a nerve block, you may still experience discomfort. You are not permitted to drive while taking 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.

If there is bleeding or spotting on the dressing, please reinforce with dry sterile dressings. You may need to change the surgical dressing on the 3rd post-operative day and apply Band-Aids to the stitches. If you have a large amount of bleeding, call the office. You may shower 3 days after your procedure. No ointments or creams are to be applied to the incision site.

A sling has been provided for your protection. It is necessary to wear the sling at all times unless otherwise instructed by your physician. While awake at home, you may 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. If a rotator cuff repair or stabilization has been done, you will need to use the sling continuously for four to six weeks. You may not operate a motor vehicle while you are in a sling.

Physical therapy is an important part of your recovery following surgery. You will be given a prescription at the time of your return appointment. On this prescription, it will say when you may start therapy and what activities the therapist is to perform.

Ice your shoulder regularly after surgery to help prevent swelling and decrease pain. Please call the office if you have any questions or concerns before/after surgery.

Thank You, Dr. Singer