



SEAN E. JEREB, MD
ORTHOPEDIC SPORTS MEDICINE SURGEON

POST-OPERATIVE INSTRUCTIONS: SHOULDER ARTHROSCOPY

DIET

- First meal should be clear liquids and light foods. (i.e., toast, crackers, soup, jello)
- Progress to normal diet if you are not nauseated.

MEDICATION

- One of three narcotic pain medications, Norco (hydrocodone), Ultram or Tylenol #3 will be prescribed to you. Take as directed.
- Common side effects of the pain medication are nausea, drowsiness and constipation – to decrease the side effects take the medication with food. An over the counter stool softener may be taken to prevent constipation.
- If you are having problems with nausea and vomiting, you may take Zofran as directed which was also prescribed to you.
- If you have a nerve block it usually wears off within 12-24 hours. Begin taking the pain medication the night of surgery to prevent a sudden onset of extreme pain. Do not wait until the block completely wears off.
- You may **not** drive or operate heavy equipment while taking narcotic pain medicine.
- If prescribed Lovenox for risk of blood clots, begin the day AFTER surgery
- Resume all home medications unless otherwise instructed.
- Call the office immediately if you are having an adverse reaction to the medication.

WOUND CARE

- You may remove your dressings 48 hours after surgery unless instructed otherwise.
- Keep wounds clean and dry to avoid infection. Some leakage of fluid is not unusual within the first week.
- To avoid infection, keep surgical incisions clean and dry – you may shower by placing bandages over the incisions keeping staples covered starting 48 hours after surgery.
NO immersion of the operative leg (i.e. bath, pool).



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SLING

- Sling or immobilizer should be worn at all times for the first 6 weeks except for hygiene and performing therapeutic exercises. Physician will determine if sling should be worn longer than 6 weeks.
- Sling should be worn with sleeping for the first 2-6 weeks depending on physician's protocol.

ACTIVITY/EXERCISE

- Do not attempt to use your own muscles to move your elbow away from your side until instructed.
- You may move the hand and wrist as tolerated but no lifting anything heavier than a fork or pen.
- Perform pendulum swing exercises (leaning forward and letting the arm hang free and swing in slow circles; clock wise and counter clock wise) three times per day for 3-5 minutes unless instructed otherwise.
- Formal physical therapy (PT) will begin **after** your first post-operative visit unless instructed otherwise.
- To schedule an appointment at BOS rehabilitation department please call **847- 885-0078**.

COLD THERAPY

- Ice or cryo-cuff should be used for comfort and swelling liberally for the first 24 hours.
Never apply directly to exposed skin.
- After the first day, use cold therapy 15-20 minutes every 2-3 hours.
- Always use after physical therapy to help with swelling and pain.

EMERGENCIES

- Contact Dr. Jereb's office (847-285-4200) if any of the following are present:
 - o Uncontrolled nausea and vomiting, painful swelling or numbness, unrelenting pain, fever $>101.5^{\circ}$ (low grade fevers 1-2 days after surgery are normal), redness or continuous drainage around incisions (a small amount is normal), color change in foot or toes, **calf pain**
- **If you are having chest pain or difficulty breathing, call 911 or go to the closest emergency room.**

FOLLOW-UP CARE

- Please make your first post-op visit no later than 7-10 days after surgery if not done so already.
- **If you have any questions or concerns please call the clinical assistant at 847-285-4317.**