



JASON L. ROTSTEIN, MD

ORTHOPEDIC SPORTS MEDICINE SURGEON

POST-OPERATIVE INSTRUCTIONS: SHOULDER ARTHROSCOPY

MEDICATION

- One of three narcotic pain medications, Norco (hydrocodone), Ultram or Tylenol #3 will be prescribed to you. Take as instructed.
- 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, contact the office to possibly have your medication changed
- If you have a nerve block, begin taking the pills 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.
- 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 surgical dressings the day after the surgery unless otherwise instructed. Do not remove steri-strips. If steri-strips fall off, cover incisions with band-aids.
- It is normal for the shoulder to bleed and swell following surgery. If blood soaks onto the bandage do not become alarmed, just reinforce with additional dressing.
- To avoid infection, keep the surgical incisions clean for the first 5 days. Place a large garbage bag over your shoulder to shower or take a sponge bath while your dressings are on.
- You may remove the sling to shower but let your arm dangle to the side. To access your armpit, lean forward slightly to let your arm dangle away from your side.
- NO submersion of wounds (bath, hot tub, pool) until a minimum of 4 weeks after surgery.

ACTIVITY

- Do not attempt to use your own muscles to move your elbow away from your side until instructed.
- The involved arm may be taken out of the sling three times a day to bend and straighten your elbow unless otherwise instructed.



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- You may move the hand and wrist as tolerated but no lifting anything heavier than a fork or pen.
- Perform pendulum exercises (leaning forward and letting the arm hang free and swing in slow circles) three times per day
- Formal physical therapy (PT) shoulder begin before your first post-operative visit.

SLEEP

- When sleeping or resting, inclined positions (i.e. reclining chair or pillows behind you in bed) and a pillow under the forearm for support may provide better comfort.
- Sleep in your sling until instructed otherwise.

SLING

- Remain in sling (with abduction pillow) at all times unless told otherwise, except when dress, showering or exercising.

COLD THERAPY

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

EMERGENCIES

- Contact Dr. Rotstein's office (847-285-4200) if any of the following are present:
 - 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 10-14 days after surgery, if not done so already. Call 847-285-4200 to schedule your appointments.**
- **Please schedule your 1st post op appointment with Dr. Rotstein's Physician Assistant, Alexa Olson, 10-14 days after surgery.**
- **If you have any questions or concerns please call Dr Rotstein's clinical assistant at 847-285-4309**