

## Shoulder Arthroscopy/Rotator Cuff - Post Op Instruction

Medications: (Prescription given to patient)

- Oxycodone/acetaminophen – 10 mg/325 (Percocet®)  
Take as directed for pain (with food)
  - Hydrocodone/acetaminophen – 5 mg/325 (Norco®)  
Take as directed for pain (with food)
  - Oxycodone Hydrochloride – 10 mg (OxyContin®)  
Take as directed for pain (with food)
  - Oxycodone – 5mg  
Take as directed for pain (with food)
  - Promethazine (Phenergan®)  
Take as directed for nausea
  - Zolpidem (Ambien®)  
Take as directed for sleep
  - Ondansetron (Zofran®)  
Take as directed for nausea
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**Diet:** Advance diet as tolerated.

Constipation is common with the use of pain medication. You can ward off constipation by increasing both dietary fiber and water intake. One tablespoon of milk of magnesia is effective and can be taken once or twice daily.

**Activity:** Keep operative arm in a sling as directed. You may begin doing pendulum exercises the day after surgery.

- If you received a nerve block, keep your arm protected while it is numb.

**Dressing:** Keep dressings clean and dry for three days after surgery. You may then remove the dressings, and shower. No soaking in a bath, pool, or hot tub.

**Ice:** Apply an ice pack to minimize pain and swelling.

Use Cryo/Cuff®, PolarCare™ or Game Ready® (if prescribed) as directed (see attached instruction sheet).

**Office appointment:** If you do not already have a post-op appointment, please call Concentra location where you were seen.

- 1) Concentra Tukwila – 206 575 3136
- 2) Concentra Puyallup – 253 840 1840

### Call your surgeon if:

- 1) You develop a fever above 101 degrees.
- 2) The pain is severe and unrelieved with medication.
- 3) You have any questions or problems.

### Anesthesia:

The subtle effects of general anesthesia with regional/local anesthesia can last more than 24 hours. Rest on the day of surgery. Although you may feel normal, your reflexes and mental ability may be impaired. You may feel dizzy, lightheaded, or sleepy for 24 hours or longer. Do not consume alcohol, drive, and operate machinery or make important personal business decisions for 24 hours. After a general anesthetic, it is normal to feel generalized aching and sore muscles for 24 hours. A sore throat may occur.

## Shoulder Arthroscopy Post-Op FAQ

### How often and how long should I wear my sling?

The sling is for your comfort and protection after the surgery. People vary on how long they need to wear it. We recommend wearing it all the time for the first week, including while sleeping. After this, it will depend on your specific surgery and comfort level. It is wise to wear the sling while out in public because it will warn people that you have just had surgery. Some injuries and surgical procedures will require 6 weeks in the sling.

### How much ice and for how long?

Ice helps with the swelling and can help to decrease pain after surgery. For the first few days after surgery, "the more, the better." Ice for approximately 30 minutes 3-5 times per day. For the first night and first day following surgery, you should ice as much as possible.

### Will the ice penetrate through the dressing?

Yes, it will. It might not feel like it, but it does.

### Will the moisture from the ice get my incision wet?

No. There are many layers under the tape.

### What should I do if my dressing falls off?

Try to keep the original dressing on for the first 3 days post-op. If necessary, you may remove the dressing and place large band-aids over the incisions or cover the incisions with gauze and tape. Please wash your

hands before replacing your dressing. Do not mess with the incisions! Typically, the incisions are repaired with absorbable sutures and skin glue.

### When can I shower?

You will need to cover the dressing to keep it dry while showering for the first 3 days after surgery. We suggest covering the shoulder with plastic wrap above and below the dressing and taping it in place. You may remove the dressing and shower normally 3 days after surgery allowing your incision to get wet.

### Can I move my shoulder?

Yes. This will cause no harm to your shoulder but expect it to be sore. Your surgeon may have put some restrictions on your movement. Please refer to your post-op instructions.

### How much activity should I do?

There is no correct answer. We suggest taking it easy the day of the surgery. Expect to be groggy and tired due to the anesthesia and medications given during the procedure. Take it easy for the first couple of days after surgery and progress your activities as tolerated. Use common sense!

### Should I stay in bed?

No!!! Aside from the first day/night after surgery, staying in bed usually causes more problems. While at home, it is usually better to sit upright in a chair/bed (when you are not resting/sleeping). We encourage you to walk as you are able.

### When do I need to see my doctor in the office?

My surgery scheduler (Nimfa) will notify Concentra of your surgery date. The Concentra office will then contact you to schedule your post op appointment.

Your physical therapy prescription will be provided at your first post-op visit. If you need it sooner, please contact the office. Most shoulder post operative Physical Therapy protocols are on the website. Battagliamd.com

### When can I drive?

While you are on pain medication during the day, do not drive. You may drive when you feel it is safe. Limit your driving until you have normal use of your shoulder.

## When can I return to work?

It depends on the type of job you have. If you do mainly desk work or sedentary work, you may return when you feel up to it. Most people return within 3–5 days. If you have a physical/labor-intensive job, then expect to take at least a couple of weeks off. We will discuss your return to work as you progress postoperatively. Most people return to regular activities/sports anywhere between 4–16 weeks after surgery. This is usually sport-dependent and depends on your level of activity (e.g., high school, recreational, college, professional).

Remember that you will have aches and pains in different parts of your body after surgery.

If you have questions or concerns, please call the office. If you have an emergency after hours or on the weekend, follow the instructions on the answering service to leave a message. We will call you back as soon as possible.

If you have any serious medical problems and start having difficulty breathing, chest pains, etc., please call our office and/or your primary care doctor, present to a local emergency room, call 9-1-1.

You may start the following week. If you have already seen a therapist prior to surgery or know where we plan to start therapy after surgery, I suggest setting up your appointments in advance. Most of the therapy places are very busy, so setting up your appointments in advance will allow you more choice of times to attend.