



POST-OPERATIVE INSTRUCTIONS FOR ARTHROSCOPIC SHOULDER SURGERY:

Procedure: _____

Post-Operative Appointment: _____ Location: _____

- **Pain Management:** We use a combination of Opioid and non-opioid medications to help control your pain following surgery. This being said, ***no medication prescribed can alleviate 100% of your postoperative pain.*** Some degree of pain should still be expected after surgery. All medications will be electronically prescribed to your pharmacy on file. Please follow the medication schedules listed below, as well as using ice and elevating the extremity to help manage your pain:

- Take Tylenol 1000mg every 8 hours**
- Take Ibuprofen 800mg every 8 hours**
- Take Oxycodone every 6 hours as needed for pain**
- Take Norco every 6 hours as needed for pain**
- Take Tramadol every 6 hours as needed for pain**
- Take Zofran as needed for nausea**
- Take Aspirin 81mg 2x a day for DVT prophylaxis**

- **Prescription Refill Protocol:** An appointment with your surgeon is required prior to refilling pain medications. Prescriptions **will not** be filled over the weekend.

- **Dressing:** [] DO NOT REMOVE. Keep clean and dry at all times.
 [] May remove 72 hours after surgery and begin dry sterile dressing changes.

- **Activity:** Remain in the sling at all times including while sleeping. Sling only comes off for hygiene purposes and for the approved exercises listed below. **Do not attempt to actively move or elevate your shoulder. No lifting, pushing or pulling.**



- Cold Therapy: Apply ice to surgical area in a waterproof bag for 30 minutes each hour you are awake. Always place a barrier between your skin and the ice such as a towel.

- When to call your surgeon:
 - Complications after surgery are fortunately very rare. Call the office if you have any of the following symptoms:
 - Persistent fever >101, chills
 - Increasing pain at the surgical site
 - Increased swelling/pain in the calf
 - New onset numbness or tingling
 - Hives or new rashes
 - Shortness of breath or chest pain
 - Persistent nausea/vomiting
 - Drainage from your incision lasting >5 days

- DVT (blood clot) prevention:
 - Perform range of motion exercises with the ankle to exercise the calf muscles on the uninjured leg. Do ten repetitions every hour minimum while awake. Perform these exercises on the surgical leg as well unless it is immobilized in a cast or brace.
 - When upright, place surgical foot on ground and apply body weight for balance. Do not have the leg suspended in the air when walking with crutches.
 - Beginning the day of surgery, take one regular (325mg) aspirin daily for 30 days unless not allow for other medical reasons. ***Clear this with your family doctor before starting the aspirin.***
 - You should not do any flying for two weeks following surgery.