

ARTHROSCOPIC LYSIS OF ADHESIONS/ EXTENSIVE DEBRIDEMENT POSTOPERATIVE INSTRUCTIONS



Dr. Bryan Butler
813-684-2663



PATIENT NAME: _____ **NEXT APPOINTMENT:** _____

PAIN EXPECTATIONS & MANAGEMENT

During the first few weeks of recovery, it is normal to experience moderate-severe pain that will not be fully relieved by pain medication alone. Swelling, diffuse bruising, and discomfort should be expected. Please call our office at least 24 hours in advance if you require a refill on pain medication. Prescriptions will not be filled over the weekend.

Medication Prescribed On The Day of Surgery:

- Percocet 5-325mg (Oxycodone + Tylenol)

Additional Over-The-Counter (OTC) Medications You May Require:

- OTC Stool Softeners may be taken with pain medications to reduce side-effects like constipation.
- OTC anti-inflammatories such as Ibuprofen or Motrin can be taken to assist with pain.

****Please consult your primary care physician to make sure these medications are safe to take.****

Narcotic pain medications are NOT mandatory and should only be taken for moderate-severe pain. For best pain relief results: (1) Take pain medications and OTC medications if able (2) Ice 4-5x daily (Ice machines available for purchase) (3) Perform home exercises.



TENS Machine

WOUND CARE

- 48 hours after surgery, remove the outer dressing
- Sutures are under the skin; will have steri-strips over the incisions. May keep those on until they fall off. If removed, please replace with band-aids.
- You may shower normally 48 hours after surgery, DO NOT scrub the area
- DO NOT clean the incision with Alcohol/Peroxide
- DO NOT apply lotions/creams to the incision.
- DO NOT submerge the area under water.

WHEN TO CALL YOUR SURGEON

Please call our office first if you are experiencing any of the following:

- Persistent fever > 102, chills
- Drainage from your incision lasting > 5 days, hives or new rashes, OR increasing pain at surgical site
- Increased swelling/pain in the calf
- New onset of numbness or tingling
- Shortness of breath or chest pain

ACTIVITY & HYGIENE

Activity:

- Wear your sling as needed for comfort.
- Shoulder motion in all planes as tolerated. Physical therapy to begin 3-5 days after surgery.

Hygiene:

- You may use your hand to comb your hair, shave, or wash your face as tolerated.
- You may shower normally 48-72 hours after surgery once the outer dressings are removed.

Dressing Tips:

- Put your surgical arm through your shirt sleeve first. You may use that arm to button your shirt/fasten pants.
- DO NOT use your surgical arm to tuck in your shirt.

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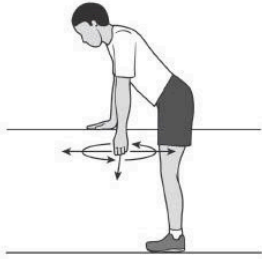


HOME EXERCISES & PHYSICAL THERAPY

Home exercises play an important role in reducing pain, and postoperative swelling. Please begin these exercises 2-3 days after surgery, or when pain begins to subside. OUTPATIENT THERAPY TO BEGIN 3-5 DAYS AFTER SURGERY.

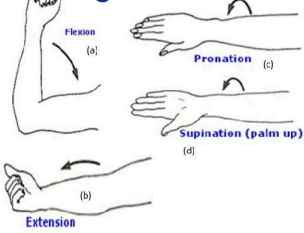
#1 Pendulums

Perform: 2 sets of 10



1. Lean forward and place one hand on a counter or table for support. Let your surgical arm hang freely at your side.
2. Gently swing your surgical arm forward and back.
3. Repeat the exercise moving your arm from side-to-side.
4. Repeat the exercises again, in a circular motion.

#2 Range of Motion Exercises

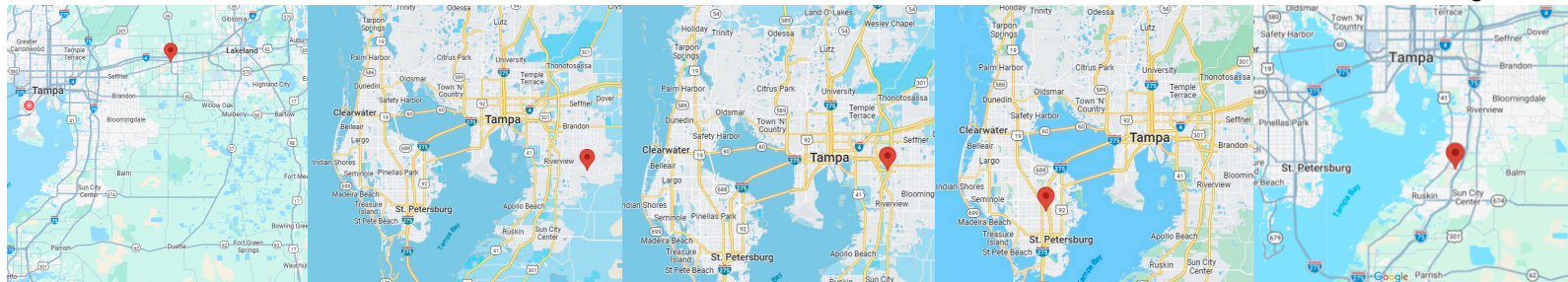


Complete each motion 2-3 times daily.

Outpatient Therapy:

YOU are responsible for scheduling your first appointment with physical therapy to begin **3-5 days after surgery.**

We prefer you attend one of our PT locations for close monitoring.



PLANT CITY

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FISHHAWK

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