Post-Operative Instructions: Shoulder Arthroscopy

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DIET

1. Begin with liquids and light foods (Jell-O, soup etc.) progress to a normal diet as tolerated.
2. Drink plenty of fluids and stay well hydrated. It is not uncommon to have some nausea after anesthesia. Start with simple foods such as crackers and broths
3. No alcoholic beverages for 24 hours or as long as you are taking prescription medications.

☐ Special Diet:_____

ACTIVITY

1. The sling is used to protect the shoulder from inadvertent motion and to support the arm. You may remove the arm from the sling while resting at home. Just place a pillow under the elbow and behind the shoulder for support. If an 'Ultra Sling' is used, you should keep the support pillow between the elbow and the abdomen. Three times a day, take the arm out of the sling to gently move the elbow, wrist and hand.
2. Ice the shoulder for 15 minutes every hour for swelling and comfort. Do not place the ice directly on the skin as they may cause ice burns
3. Driving with a sling is hazardous. Don't drive for 3-4 weeks, particularly if the right shoulder was involved.

MEDICATIONS

1. Take the pain medication as directed. You may also take ibuprofen (up to 2400mg a day), aspirin (325mg a day) or naproxen (up to 1000mg a day) as needed to supplement pain control and to help prevent blood clots in those prone to it. Take with food to avoid stomach irritation
2. **Last Pain Medication Given at (Med)_____(Time)_____**

WOUND DRESSING CARE

1. The clear plastic dressing is waterproof. You may shower with the dressing on. It is not uncommon for the portals to leak arthroscopy fluid and some blood for several hours and stain the dressing. If the dressing becomes saturated, you may remove the dressing, clean the portals and redress it.
2. After 72 hours you can remove the dressing. If there is small white tape (Steri-Strips) under the dressing, do not remove them. You may shower and let the water gently wash over the incision. Do not scrub the wound. You may dab the wound dry and then apply a Band-Aid.

SPECIAL INSTRUCTIONS

1. The shoulder surgery has been completed and your doctor will discuss the arthroscopic findings at the first post-operative visit.
2. Serious signs that require a call to the office include:
   - Fever over 101.5 not relieved with acetaminophen or ibuprofen.
   - Severe pain not relieved with pain medications.
   - Severe nausea and vomiting.
   - Severe swelling of the knee or calf which causes shininess to skin.
   - Bright red swelling to the calf or the upper extremities.
   - Shortness of breath or chest pain

INSTRUCTIONS: OTHER

Follow up appointment has already been made for 7-10 days after surgery. Check your paperwork or call the office for clarification. If you are unable to contact the office and you feel your condition is urgent, go to the emergency room. Call us anytime: Melinda, medical assistant, Robin, surgery scheduler, (559) 733-3346

☐ I acknowledge the patient/family has received, reviewed and understands the post-op instructions and a copy is in my representative's possession.

☐ I acknowledge that the patient's personal belongings have been returned.

_____ _____

Signature of Responsible Person **Signature Discharge Nurse**