

Post-Operative Instructions for Shoulder Arthroscopy

Preparation

- Plan to take a few days off from work
- Schedule a follow-up office appointment 1-2 wks after surgery
- Physical Therapy is not routinely prescribed (managed on a case-by-case basis)
 - If needed, you will be instructed with prescription and instructions
- Do not drive until you speak with your physician

Normal Expectations After Surgery

- Swelling and discomfort in the shoulder for up to a week after surgery
- Duration of sling use will vary depending on the procedure
 - Wear it at all times except when changing clothes, bathing or during Physical therapy
- If you have sutures, they are removed within 1 week

Pain Management

- Initially, you will not feel pain
 - once the nerve block wears off, manage pain with your pain medication prescription
- Lying down may increase discomfort
 - Try sleeping in a recliner, or propped up with multiple pillows in bed
 - A pillow placed behind your elbow may also help
- Take your pain medication with food
 - Common side effects include nausea, dizziness, urinary retention, and constipation
 - Please call our office (617-732-8138) if you do not tolerate it well
- Do not operate machinery or vehicle while taking pain medications
- **Icing is most important in the first 72 hours after surgery but continuing can help with pain**
 - Apply ice bags or use the cryotherapy device you were given every 1-2 hours for 30 mins
 - If ice is in a plastic bag, put a thin towel or t-shirt on your skin
- Narcotic Refills
 - Call during office hours (Mon-Thurs)
 - Not routinely refilled after office hours, Fridays or weekends
 - Please allow two days for processing

General Instructions

- Eat a regular diet
 - Avoid alcohol, caffeine and smoking
- **KEEP BANDAGES CLEAN AND DRY. REMOVE THEM AFTER TWO DAYS**
 - Cover incisions with band-aids and do not use antibiotic creams
- You may shower 72 hours after surgery
 - Keep incisions dry with a dressing for 5-7 days
- **DO NOT submerge incisions directly** until at least 3 weeks after surgery
- We recommend that you take 1 aspirin (81 mg) daily for the first 3 weeks following your surgery

What To Be Aware Of

- Please call our office (617-732-8138) or the On-Call MD after hours (617-732-6660) if you have
 - Incision drainage for more than 48 hours
 - Redness
 - Calf pain with swelling
 - Fever

Scott Martin, MD
John Macropoulos PA-C
Brigham and Women's Hospital
75 Francis St • Boston, MA 02115 • (p) 617-732-8138
For additional information please see www.ScottMartinMD.org