

## WHAT TO EXPECT AFTER ARTHROSCOPIC SHOULDER SURGERY

- It is normal to have swelling & discomfort in the shoulder for several days to a week after surgery.
- **Apply ice bags or use the cryotherapy device you were given to control swelling.** Ice should be applied 30 minutes at a time, every hour or two. Put a thin towel or T-shirt on your skin if using ice in a plastic bag. Icing is most important in the first 72 hours, although many people find that continuing it lessens their postoperative pain weeks after their surgery.
- If you had a nerve block, the local anesthetic may keep your arm numb for several hours. You will be given a prescription for pain medication when you are discharged from the hospital. Please take your pain medication with food. If you find that you do not tolerate it well, please call our office.
- Do not operate machinery or vehicle while taking your pain medications. Take your pain medication with food and be aware of the common side effects associated with narcotics which include: nausea, dizziness, urinary retention and constipation. Narcotics will not routinely be refilled after office hours (Mon.-Thurs.) and on Fridays or weekends. Please allow 2 days for processing.
- Keep the post-op dressing clean and dry. Unless it becomes wet or too tight because of swelling, leave the bandages in place for at least two days. **REMOVE YOUR BANDAGES TWO DAYS AFTER SURGERY.** Cover the small incisions with Band-Aids thereafter. Antibiotic creams are not necessary. You may shower at 72 hours after surgery, but keep the incisions dry with a dressing for the first 5-7 days. **Do not submerge your incisions directly** until at least 3 weeks post-op.
- Should you have superficial sutures, they will be removed within 1 week of your surgery
- We would like to see you back in the office approximately 1-2 weeks after surgery. If you don't have your first post-op visit scheduled, please call our office to make one.
- Many patients find that lying down accentuates their discomfort. You might sleep better in a recliner, or propped up with multiple pillows in bed. A pillow placed behind your elbow may also help.
- Should you have a pain pump, the catheter is to be removed 48 hours after your surgery. At the time of removing your dressing, free adhesive tape and catheter from the skin. Pull with a smooth motion away from your skin and discard. The inserted catheter is approximately 8 inches long.
- PT will be prescribed on a case-by-case basis. Should it be indicated, you will be instructed accordingly with prescription and PT protocol. Rehab. Protocols may be found @ [www.ScottMartinMD.org](http://www.ScottMartinMD.org).
- Duration of sling use will vary dependent upon the nature of your surgery. You are to wear it at all times, with the exception of changing of clothing, bathing and during Physical Therapy.
- If you experience continued incision drainage, redness, calf pain w/swelling, fever please call our office or the On-Call MD after hours @ 617-732-6660.
- You may eat a regular diet, if not nauseated. Avoid alcoholic/caffeinated fluids and smoking.
- Plan to take a few days off from work.

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