

SHOULDER ARTHROSCOPY

Postoperative Instructions:

1. You will be in a sling after surgery. Beginning the day after surgery, light use of the hand is okay. It is okay to use the elbow and hand for writing, typing, texting, eating, and taking care of yourself. No heavy lifting or pushing greater than 2-3 pounds.
2. Sponge bathe initially to keep the surgical dressing dry. Remove the dressing 3 days after surgery. At this point you can shower and get the incisions wet. Cover the incisions with bandaids after showering.
3. A prescription medication will be sent to your pharmacy. That medication is to be taken as needed for pain. Begin over-the-counter medications to your tolerance. When the over the counter medications provide satisfactory pain relief, the prescription medication can be stopped.
4. Bruising and mild swelling are normal. Mild tingling in the arm and fingertips are common as the block wears off. Ice is helpful for both swelling and discomfort. Flexing/extending the fingers and hand can also help with the swelling in the arm. If the swelling is excessive or you feel something is wrong, please call.
5. Do not drive while taking the prescription pain medication.
6. Initially, most patients prefer to sleep in a recliner or propped up in bed. This helps with the swelling and discomfort. Return to normal sleep patterns to your tolerance.
7. The typical first follow-up is 10-14 days from surgery. The sutures will be removed and steri-strips will be applied. The steri-strips will fall off on their own and there is no need to replace them. At this visit, further instructions regarding formal physical therapy, advancing your home exercise program, and return to physical activities will be discussed based on your particular surgery.
8. Most patients will be instructed to begin pendulum exercises on post-operative day 1. These are done 4x daily, 10 - 20 circles each way. Depending on the surgery you have, we will also introduce "wall crawl" and table slide exercises for your home exercise program. You will be instructed on when to begin the wall crawls, table slides and formal physical therapy. A video link demonstrating the exercises is provided.

FOLLOW-UP APPT:



Dr. Zanaros Shoulder Anatomy and Exercise Videos

