

## POSTOPERATIVE INSTRUCTIONS ARTHROSCOPIC SHOULDER STABILIZATION

### DIET

- Begin with clear liquids and light foods (Jellos, soups, etc)
- Progress to your normal diet if you are not nauseated

### WOUND CARE

- Maintain your operative dressing. Loosen bandage if swelling of the elbow, wrist, or hand occurs.
- It is normal for the shoulder to bleed and swell following surgery -- if blood soaks onto the bandage, do not become alarmed -- reinforce with additional dressing.
- Remove surgical dressings on the 3rd post-operative day -- if minimal drainage is present, apply band-aids or a clean gauze dressing over incisions and change daily.
- To avoid infection, keep surgical incisions clean and dry. You may shower by placing a large garbage bag over your brace starting the second day after surgery -- NO IMMERSION of operative extremity/site (i.e. bath/pool/hot tub)

### MEDICATIONS

- Pain medication is injected into the wound and shoulder joint during surgery. This will wear off within 6-12 hours
- Most patients will require some narcotic pain medication for a short period of time. This can be taken as directed on the bottle.
- Common side effects of the pain medication are nausea, drowsiness, and constipation. To decrease the side effects, take medication with food. If constipation occurs, consider taking an over-the-counter laxative
- If you are having problems with nausea and vomiting, contact the office to possibly have your medication changed
- Do not drive a car or operate machinery while taking narcotic medication
- Ibuprofen 200-400mg (i.e. Advil) may be taken in-between the narcotic pain medication doses to help smooth out post-operative 'peaks and valleys', reduce overall amount of pain medication required, and increase the time intervals between narcotic pain medication usage

### ACTIVITY

- When sleeping or resting, inclined positions (ie reclining chair/Lay-Z-Boy) and a pillow under the forearm for support may provide better comfort
- Do not engage in activities which increase pain/swelling (lifting or any above shoulder activities) over the first 7-10 days following surgery
- Avoid long periods of sitting (without arm support) or long distance traveling for 2 weeks
- NO DRIVING until instructed otherwise by physician
- May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable

### SHOULDER SLING/IMMOBILIZER

- Your sling with supporting abduction pillow should be worn at all times (except for hygiene and exercises/PT)

## **ICE THERAPY**

- Begin immediately after surgery. DO NOT apply ice or ice unit directly to skin, have a barrier
- Use icing machine continuously or ice packs (if machine not prescribed) every 2 hours for 20-30 minutes daily until your first post-operative visit. Remember to keep your leg elevated to level of the chest while icing

## **EXERCISE**

- No shoulder exercises or motion until either after your first post-operative visit or after your first physical therapy session (unless otherwise instructed)
- You may begin elbow, wrist, and hand range of motion exercises on the first post-operative day. This should be performed 2-3 times per day
- Discomfort and stiffness is normal for a few days following surgery.
- Formal physical therapy (PT) will begin 2-3 days after your surgery day

## **EMERGENCIES\*\***

- Contact Dr Camilleri or his assistant Becca Corya at 765-683-4400 if any of the following are present:
  - Painful swelling or numbness
  - Unrelenting pain
  - Fever (over 101 degrees -- it is normal to have a low grade fever for the first day or two following surgery) or chills
  - Redness around the incisions
  - Color change in wrist or hand
  - Continuous drainage or bleeding from incision (small amount of drainage is expected)
  - Difficulty breathing
  - Excessive nausea/vomiting

\*\* If you have an emergency after office hours or on the weekend, contact the same office number (765-683-4400) and you will be connected to our pager service. They will contact Dr Camilleri or one of his partners if he is unavailable. Do not call the hospital or surgery center

\*\* If you have an emergency that requires immediate attention, proceed to the nearest emergency room