

Presidio Surgery Center

A California Pacific Medical Center Affiliate

Office #: _____

GENERAL POST-OPERATIVE INSTRUCTIONS - SHOULDER ARTHROSCOPY

1. Rest after your surgery. You may feel dizzy, lightheaded or sleepy for 12 to 24 hours after your operation. This is perfectly normal. Move **slowly**, and be especially careful on stairs. You should not drive or operate any mechanical or electrical devices until this feeling has worn off. On the following day you can do those activities that you feel able to do and within 3 to 4 days resume all normal activities **or as instructed by your doctor**. After a general anesthetic it is normal to feel a generalized aching and to have sore muscles for 24 to 48 hours. A sore throat may also occur.
2. Do not drink alcohol, sign any important papers or make any important decisions for at least 24 hours after surgery.
3. Resume diet gradually. Begin with clear liquids and progress as you feel ready.
4. The pain relievers prescribed by your doctor will usually relieve discomfort or pain. DO NOT take any aspirin products. Take your pain medication with food. Do not combine alcohol and pain pills.
5. The doctor wants to see you: _____ . Call the doctor's office to make this appointment if it has not already been arranged.
6. Report to your doctor any temperature elevation over 100 degrees or persistent nausea and vomiting.
7. Keep all dressings clean and dry for the first 24 hours. After 24 hours you may remove the bulky dressings and place band-aids over the surgical portals. Do not remove the steri-strips (they look like pieces of tape) if you have them. Thereafter you may shower and replace band-aids each time. Follow these directions **unless your doctor has told you differently**.
8. Expect some drainage through the dressing for the first 24 hours. This is normal as the wounds are left open for this purpose. The drainage is comprised mostly of saline solution utilized during the procedure.
9. Sleep with your head elevated on 2 pillows as you will find this more comfortable.
10. Apply ice 20 minutes on, 10 minutes off for the first 3 days to help control pain and swelling. **Do not get dressing wet.**
 Apply cold therapy as instructed by your physician
 Other: _____
11. FOLLOW ONLY THOSE ITEMS CHECKED BY YOUR DOCTOR:
____ Wear sling for comfort only. You do not need it otherwise.
____ Start pendulum exercises with your operative arm, 20 clockwise and 20 counter-clockwise hourly while awake; work up to 50.
____ Keep shoulder immobilizer (sling) on until instructed to remove it by your physician.
____ Use your arm as much as is comfortable.
____ Other: _____

If you have any questions please do not hesitate to call your doctor or the Surgery Center. For more explicit instructions consult your surgeon. **In the event of an emergency go to the nearest emergency room or call 911.**

- Upper extremity nerve block instructions given

A copy of these instructions has been given to the patient and/or patient's representative.

_____ RN

Signature of Patient/Representative: _____