

POSTOPERATIVE INSTRUCTIONS: SHOULDER ARTHROSCOPY

FROM HOSPITAL TO HOME

- ❖ You must be accompanied by an adult who can drive you home after surgery.
- ❖ You may have some dizziness from the effects of anesthesia and pain medications.
- ❖ You cannot drive, operate machinery, drink alcohol, or make critical decisions for at least 24 hours.

SURGICAL DRESSING

- ❖ Arthroscopy requires a large amount of water to be pumped into your joint- this can lead to swelling and bruising which may extend down to your arm.
- ❖ You can shower on the 3rd postoperative day- keep the plastic bandage on, shower, then take surgical bandage off and apply band-aids over incisions.
- ❖ Each time you shower, leave the band-aids on during the shower then change to fresh band-aids after
- ❖ No baths or hot tubs until Dr. Kim allows.

MEDICATIONS

- ❖ A narcotic pain medication will be prescribed to take as needed- please read and follow the instructions on the bottle.
- ❖ Nausea and/or vomiting is a side effect of narcotic medication- if this should happen, consider changing to liquid diet and decreasing activity level.
- ❖ Constipation is another side effect of narcotic medication- you will also have a prescription for a stool softener.
- ❖ While taking narcotic pain medication you cannot drink alcohol or drive.
- ❖ Try to wean off the narcotic pain medication as soon as your pain allows. You can transition to over-the-counter Tylenol (acetaminophen) as needed.

ACTIVITY

- ❖ Your arm will be in a sling. Keep it in the sling **AT ALL TIMES**, except hygiene and physical therapy.
- ❖ Make sure you bend your elbow and move your fingers to keep your blood pumping in your arm. This will help to prevent blood clots.

APPOINTMENTS

- ❖ You will see Dr. Kim 2 weeks after surgery.
- ❖ For questions or concerns, please contact the surgery scheduler directly or call 520-784-6200.
- ❖ You should schedule a physical therapy appointment to begin approximately 2-4 weeks after surgery. The timing will be discussed during your postoperative visit.