



8290 University Ave NE, Suite 100
 Fridley, MN 55432
 Office Hours 6:30 AM to 4:30 PM Monday-Friday



Office Hours 8 AM to 5 PM Monday-Friday
 Phone 763-786-9543 Normal and After Hours

Shoulder Arthroscopy Surgery Patient Instructions

Follow up:

- 1) Please schedule a follow-up appointment with your Surgeon’s office in _____ days.
Twin Cities Orthopedics 763-786-9543

Appointment:

Date	Time	Office Location

- 2) A Surgery Center RN will call you the following business day to answer any questions that you may have. Patients having surgery on Friday will be called on Monday.

Activities:

- 3) **Do not use your surgical arm to lift objects greater than _____ pounds until your Surgeon or Physical Therapist has cleared you to do so.**

Arm Sling or Shoulder Immobilizer:

- _____ Wear continuously until your follow up office visit. Remove for bathing only.
- _____ Wear continuously and remove after _____ days.
- _____ Wear as needed for comfort and support.

- 4) A reclining chair may be more comfortable to sleep in than lying flat in your bed. Place a pillow behind your shoulder and under your elbow to reduce the strain on your shoulder joint while you sleep.
- 5) Apply an ice pack as often as possible during the first 48 hours. This will help reduce pain and swelling. Place a washcloth barrier between the ice pack and your skin.
- 6) Do not drive until approved by your Surgeon.
 Do not drive for at least 24 hours if you are taking narcotic pain medications. They will make you drowsy and impair your ability to drive.
- 7) Work restrictions will depend on your surgical procedure and type of employment. If you have not already discussed this with your Surgeon, please discuss this during your first post-operative office visit. Please call their office directly if questions arise before that appointment.

Diet:

- 8) Begin with clear liquids and a bland diet. Progress to your normal diet in 24 hours. Anesthesia and narcotic pain medications may slow down your digestive system. An over the counter stool softener or mild laxative may be beneficial to prevent constipation and cramping. Ask a Pharmacist for assistance in selecting this.

Medications:

- 9) Take the pain medication as prescribed. Take at the first onset of moderate pain. Oral pain medications take 30-45 minutes to start working.
Take your medications with food. Do not drink alcohol, drive a vehicle, use power tools, or make important legal decisions while taking narcotic pain medications.
- 10) Do not take additional Tylenol (Acetaminophen) with narcotic/acetaminophen combination pain medications. The contents are listed on the medication bottle.
- 11) Watch for signs of allergic reaction (hives, rash, itching, shortness of breath). If signs occur, discontinue medication and contact your Surgeon to request a new medication.
- 12) You may take an anti-inflammatory medication (Advil, Ibuprofen, Aleve, Naproxen or Celebrex) in combination with the narcotic pain medication.

Your Medications: (Refer to instructions on prescription label)

PAIN MEDICATION: _____	GIVEN: _____	NEXT DUE: _____
ANTI-INFLAMMATORY: _____	GIVEN: _____	NEXT DUE: _____
OTHER: _____	GIVEN: _____	NEXT DUE: _____

Bandage Care:

- 13) Some bleeding and drainage into the bandage is normal. However, if the drainage is bright red and larger than 2 inches, call your Surgeon’s office.
- 14) Showering- Do not shower for 3 days. Your shoulder must be kept clean and dry to prevent infection and improve healing.
- 15) Remove your bandage in ____ days. Discard cotton padding and gauze. Do not remove the steri-strips (white tape strips). They will peel and fall off in 7-10 days.
- 16) Once you have removed your bandages, cover incisions with clean band-aids. Place new band-aids after showering. Continue for 10 days.
Waterproof Bandages may only be worn while showering!
If you have visible skin stitches, they will be removed at your post-operative appt.

Physical Therapy: This will be addressed by your Surgeon. Their office will assist you in scheduling your therapy appointments.

Home Exercises: Start the prescribed exercises the first day after surgery. Your recovery room Registered Nurse will provide instructions and additional handouts if applicable.

Nerve Block: In addition to pain relief, the block also affects your hand and arm strength. This numbness and weakness typically lasts an average of 8-12 hours. Each patient experience may vary. Your arm may be weak until the block wears off.

Call your Surgeon’s office if you experience:

- Temperature greater than 101 degrees or signs of infection.
- Continuous draining or excessive bleeding on bandages.
- Persistent nausea/vomiting.
- Severe pain despite taking medications and following activity restrictions.

If you are having difficulty breathing or chest pains-call 911 immediately.