

# Shoulder Arthroscopy - Home Care Instructions

## Stephen Hiatt, MD



**General anesthesia/IV sedation:** For the remainder of the day, plan to relax. A feeling of dizziness, light-headedness or drowsiness is not unusual. Move cautiously, as fast movements can make this feeling worse. If you have been lying down, sit up slowly and pause briefly before standing. We strongly suggest that a responsible adult be with you until tomorrow morning for your comfort and safety. You should not make any legal decisions for the next 24 hours.

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### 1. Wound Care

- Remove the surgical dressing in two days and apply Band-Aids over the sutures.
- You may shower after the surgical dressing is removed as long as the incisions are not draining. Gently wash the incisions with soap and water, then rinse and pat dry. Apply Band-Aids to the incisions after showering. **NO TUB BATHS, POOLS, OR HOT TUBS.**
- If the incisions are draining, cleanse the incisions with hydrogen peroxide and apply Band-Aids over the incision sites.
- Do NOT apply any ointments, creams or lotions around your incisions.

### 2. Activity

- Do not place **ANY** weight on your surgical arm. NO lifting, pushing, or pulling with your surgical arm.
- Wear brace at ALL times until your follow-up visit, except during hygiene and pendulum exercises.
- Begin pendulum exercises in 3 days if pain allows.
- Remove brace 2-3 times daily to work on elbow, wrist and hand range of motion.
- It is okay to fully extend and bend your elbow after surgery.
- Do not drive while you are taking narcotic pain medication or are in the brace.

### 3. Special Instructions

- Apply ice to your shoulder for 20-30 minutes, every 1-2 hours as needed for pain/swelling reduction.
- **\*\*\*DO NOT SMOKE OR USE TOBACCO. TOBACCO PRODUCTS INHIBIT HEALING\*\*\***

### 4. Diet

- Start light diet today (i.e. soup, Jell-O, toast). If no nausea or vomiting, you may resume a normal diet.
- In case of nausea and/or vomiting, reduce diet to fluids low in acid (water, sports drinks, white sodas). As you are able to tolerate the fluids, gradually increase your diet.

### 5. Medication

- Take prescribed pain medication as needed. Exercise caution during walking or climbing stairs.
- Avoid taking narcotics on an empty stomach, as this can cause nausea and/or vomiting.
- Narcotics cause constipation. Drink plenty of fluids. Take an over-the-counter laxative as needed.

### 6. Follow-up Care

- Follow up with Dr. Hiatt in 10-14 days. Call to schedule an appointment if not already arranged.

### 7. NOTIFY PHYSICIAN IF:

- **Excessive bleeding or drainage at the surgical site**
- **Fever over 101 degrees**
- **Numbness, tingling, or changes in color to the affected extremity**
- **Excessive redness and/or unusual drainage at the surgical site**
- **Drainage at the surgical site that continues after one week post-op**
- **Increasing or unrelieved pain**
- **Persistent nausea and/or vomiting**
- **Unable to urinate for 6-8 hours after surgery**

### 8. REPORT TO THE EMERGENCY ROOM IF:

- **Your arm suddenly becomes numb or pale.**
- **You experience sudden onset of severe chest pain or shortness of breath.**

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