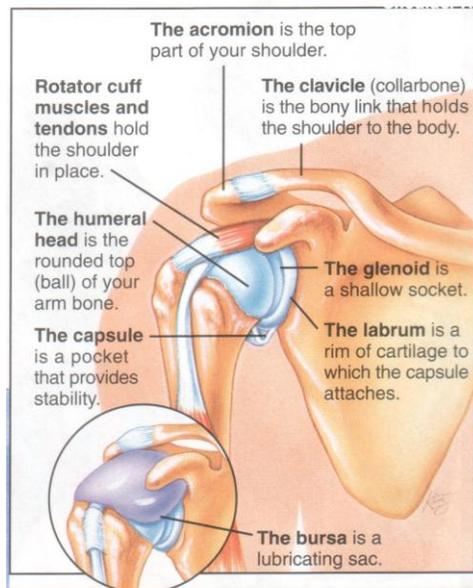




Division of Signature Medical Group of KC, PA

## SHOULDER ARTHROSCOPY

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Division of Signature Medical Group of KC, PS  
Corporate Medical Plaza  
Building #1  
10701 Nall, Suite 200  
Overland Park, KS 66211  
Office (913)381-5225  
Nurse Ext. 464



### **PRE-OPERATIVE INSTRUCTIONS**

- ✓ **Do not eat or drink after midnight the night before surgery.** This includes chewing gum, candy and mints. No smoking or use of tobacco products.
- ✓ Stop all blood thinners 1 week prior to surgery, unless directed otherwise. This includes coumadin, aspirin, and anti-inflammatories such as ibuprofen, Nuprin, or Aleve. You may use acetaminophen for pain.
- ✓ Stop all herbal supplements 1 week prior to surgery.
- ✓ Plan to spend approximately 4 hours at the surgical facility.
- ✓ Arrange for someone to drive you home and stay with you through the night and for the first 24 hour after surgery.
- ✓ Set up your post-op appointment for 7-10 days after surgery by calling 913-381-5225 if you have not already done so.

## **POST-OP INSTRUCTIONS**

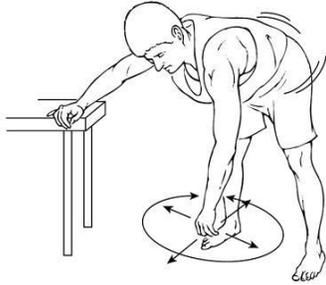
- ✓ Apply ice to the shoulder for 20 minutes each hour for the first 2 days, then as frequently as needed to decrease swelling and for comfort. You should use ice after therapy.
- ✓ Keep the dressing dry and in place for 3 days. On the 3<sup>rd</sup> day you may apply a new dry gauze dressing. **Do not** get the incision wet.
- ✓ You will have a shoulder immobilizer or sling in place after surgery. You may discontinue this after 2 days or as you feel comfortable.
- ✓ Unless instructed otherwise, perform the range of motion exercises 2-3 times per day. Begin these the day of surgery. When you come in for your post-op visit Dr. McNamara may order formal physical therapy (PT).
- ✓ Swelling in your affected hand and forearm is not uncommon. You may elevate the lower arm and squeeze a small ball frequently to relieve this. You may also notice bruising in the arm below the incision.
- ✓ Take the anti-inflammatory medication as prescribed to you.
- ✓ If you have not received a regional block, take the pain medication regularly for the first 48 hours, then as needed.
- ✓ If you have received a regional block to help with post-op pain control and have not taken any oral pain medication throughout the day, go ahead and take the pain medication before you go to bed.
- ✓ Be aware that a common side effect of the pain medications prescribed to you is constipation. You should remain well hydrated and include fiber in your diet. If necessary, you may use an over the counter stool softener or laxative.
- ✓ Start slowly with your diet, progressing from clear liquids to a regular diet. Avoid heavy or greasy foods the first 24 hours after surgery.
- ✓ You may find you are more comfortable sleeping in a recliner for the first few days.

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## EXERCISES FOR SHOULDER ARTHROSCOPY



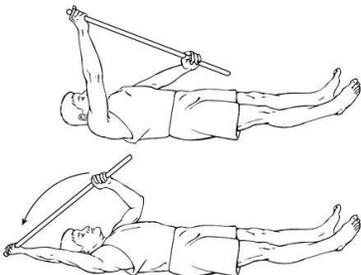
### PASSIVE PENDULUM EXERCISES

Bend forward 90 degrees at the waist, using a table for support. Rock your body in a circular pattern to move the arm clockwise 10 times, then counterclockwise 10 times. Let gravity and momentum provide the movement.



### SHOULDER FLEXION (WALL WALKS)

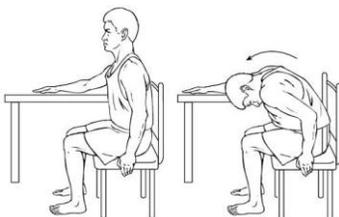
While standing near a wall as shown, slowly “walk” your fingers up the wall until you feel a gently stretch. Hold for 10 seconds. Repeat 10 times, 3 times per day.



### SHOULDER FLEXION

Lie on your back holding a stick in both hands, keeping your hands shoulder-width apart. Raise both hands over your head until you feel a gentle stretch. Hold for 10 seconds. Repeat 10 times, 3 times per day.

### SHOULDER FLEXION



Sit in a chair with your affected arm on a table as shown. Lean forward, sliding your arm forward on the table until you feel a gentle stretch. Hold for 5-10 seconds. Repeat 10 times, 3 times per day.