

SHOULDER ARTHROSCOPY

Post-Operative Instructions

Dr. Pradeep Kodali

Incision Care

- Keep surgical site incisions clean and dry for the first 10 days. You are permitted to shower as soon as you are discharged, however incisions themselves must stay dry. Do not soak incisions in a bathtub or pool until 4 weeks post op.
- After 48 hours, you may remove bulky dressing (ACE wrap, gauze, tape, etc) **but LEAVE white sterile strips on over the incisions.** White sterile strips to be removed on day 10 by the patient, you are then cleared to shower normally.
- Watch for signs of infection: redness, swelling, increasing pain, pus, or fever. If any concerns regarding your incisions arise, contact the office immediately.

Pain Management

- Take pain medication as prescribed on **as needed** basis. Do not exceed the recommended dosage.
- Once pain level improves, we recommend weaning prescription pain medicine usage and favoring over the counter medicines such as Tylenol or Ibuprofen.
 - IF you have underlying medical conditions that include, but are not limited to, heart disease, high blood pressure, diabetes, bleeding/clotting disorders, and kidney/liver disease, then you need to discuss the use of over-the-counter medicines and their appropriateness with your primary care provider/general practitioner.
- If pain is not adequately controlled on the prescribed medicine, contact your surgical team.

Weight Bearing

- Unless otherwise instructed by your surgical team, you are to always remain in your sling for 4 weeks. The sling can be removed for showering and physical therapy. Sling may be adjusted for comfort after your nerve block has worn off. Elbow range of motion exercises are permitted and encouraged several times during the day to reduce the risk of elbow stiffness.
- You are **NOT** permitted to bear weight on the operative shoulder for 4 weeks while in the sling. (NO pushing, pulling, lifting, carrying, reaching etc.)

Physical Therapy/Rehab

- Physical therapy is a vital part of your recovery. An order to start outpatient physical therapy (PT) will be placed for you on the day of surgery and a protocol for rehab following YOUR specific procedure will be sent to your selected PT location.
- **PLEASE CONTACT THE FACILITY FOR SCHEDULING YOUR FIRST PT APPOINTMENT.**

Additional Tips and To Dos

- Apply ice to your shoulder for 20 minutes at a time, every 2-3 hours, for the first 48-72 hours.
- **Please contact the facility within 24 hrs after surgery to confirm you postoperative appointment and schedule one if you do not already have an appointment**
- **If you have any questions regarding your surgery or postoperative instructions, contact the clinic you saw Dr. Kodali or the surgical center / hospital.**