

SHOULDERMD

PAUL B. ROACHE, M.D.

BOARD CERTIFIED ORTHOPEDIC SURGEON

Post Shoulder Arthroscopy Instructions

Sling:

The sling with the Cushion is to rest the arm and give protection to the shoulder while it is healing. You can take the arm out to change clothes, to take a shower and to perform your exercises. The Sling is to be worn at night and all other times until Dr. Roache instructs you that it is Ok to discontinue the sling.

Dressing:

There will be fluid coming out of the shoulder for the next 24 hours. It often appears red and can look bloody. Do not worry this is typical and normal. Many liters of fluid are used to perform the arthroscopic surgery and some of it is absorbed by the tissues of shoulder and will drain out into the dressing.

Shower:

You can change the dressing in 1-2 days. Simply remove all the padding and then clean the small incisions with soap and water. You can take a shower. No baths, hot tubs or swimming pools for 3 weeks. After you wet the wound, dry the small incisions and cover with regular band-aids.

ICE:

Ice bags or the ice therapy pad and ice chest are very important during the first 5 days after surgery. Cover the shoulder and its dressing and leave on for 20-30 mins at a time. Rest the skin so you will not get frost bite. A general rule of thumb is to rest it for 20 mins every hour. You do not need to use it while you sleep.

Medication: (See Opiate-Sparing program printout)

Take the pain medication as directed by the nurse in the recovery room. Start before the block wears off. It is important to understand how you use your medication after surgery. Most patients in the opiate-sparing program will have Tylenol 650 mg ER x 2 tablets (1300mg by mouth three times a day), meloxicam 15 mg, and tramadol 50 mg prior to starting the surgery. These should be at home prior to surgery. *Important: if you are given pain medication other than Tramadol 50mg please check with our nurse for alternate instructions.*

Pendulum Exercises:

You may take the arm out 4-5 times a day and extend the elbow and move the wrist. You can let the arm hang down and move it gently like the Pendulum of a clock. This is very important to prevent shoulder stiffness (Frozen Shoulder) after surgery. The Physical Therapist and Dr. Roache will give you more exercises when you see them.

***Questions or Problems:**

Call Dr. Roache's office directly at the number below. If you need a medication refill try and call during business hours. Call us if there are any issues. Problems are rare but report any fever/chills, excessive swelling, skin redness, yellow drainage from wounds, nausea/vomiting, etc.

Emergencies: After surgery are very rare. However, if you have any emergency including very high pain that is not improving with medication, go immediately to your local Emergency Room.

****For questions or urgencies call Office Phone: 415-447-0495, ext 3***

For emergencies go to your local Emergency Room

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