



POSTOPERATIVE INSTRUCTIONS: SHOULDER ARTHROSCOPY

Matthew Yousif, DO

*** When out of sling keep elbow close to your side**

Activity:

- Wear immobilizer as directed by your physician. {5-7 days/ 4-6 weeks}.
- Wiggle fingers of affected limb often.

Diet:

- Resume your usual diet. Start with liquids and advance diet as tolerated.

Medications:

- If you are taking prescribed pain medication, you should not drive, operate machinery or power tools, or drink any alcoholic beverages.
- Prescription given to patient: {Norco/Percocet/Tylenol #3} - pain pill. No Tylenol. Can alternate Motrin/Advil.
 - **may cause constipation**
 - **take with food**

For example, you can take 3-4 over-the-counter Advil with breakfast, lunch and dinner. Your pain medication can be taken in-between the Advil dosages. That you, you can take something every 2-3 hours, if needed for pain.

Dressings:

- Your dressing and sutures will be removed at your first post-op appointment.
- If after 48 hours you would like to remove your dressing on your own to feel the ice better and to shower, it is okay to do this. If you are not comfortable removing your dressing, wait for your post-op appointment to do this. You are able to shower once the dressing comes off.
- While you have your postoperative dressing on, **use ice over dressing** as much as possible. After dressing comes off, **use ice 20 minutes at a time** on and off. Use a thin cloth between ice and skin. Ice for as long as you pain +/- swelling.

YOU SHOULD CALL YOUR DOCTOR FOR ANY OF THE FOLLOWING:

- Fever of 101 degrees or higher
- Redness, warmth in the hand or arm.
- Foul smelling drainage from incision or cast.
- Pain that does not lessen with the pain medication as prescribed by your doctor.
- Persistent nausea or vomiting into the next day.
- Bleeding or continuous oozing that saturates the bandage that does not stop after applying pressure to the wound for 10 minutes.
- Increased swelling of fingers or toes, or severe tightness of bandage not relieved with elevation of limb above the level of your heart.
- Increased numbness or tingling.
- Pale, blue or cold fingers/toes nail beds (compared to opposite sides).

Due to the lasting effects of anesthesia we recommend you do not make any important decisions for 24 hours.

Follow up care:

- Your postoperative appointment 4 weeks after surgery will have been made for you when the surgery was set up. **At your post-op follow up appointment we will discuss your surgical findings.**
- Begin physical therapy 2-3 weeks after surgery.
- You may call one of the following locations to make an appointment for suture or stitch removal and to start your physical therapy.
- Make follow up appointment with Dr. Yousif for 2 weeks postoperatively.

Auburn Hills (3100 Cross Creek Parkway, Suite 150) | (248) 475-0502

Southfield (22401 Foster Winter Dr., First Floor) | (855) 450-2020

Warren (11012 Thirteen Mile Rd., Suite 201) | (586) 582-0760