



**YOUSIF**  
Orthopedic Surgery

## POSTOPERATIVE INSRUCTIONS: SHOULDER ARTHROSCOPY

Matthew Yousif, DO

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

### Activity:

- Wear immobilizer as directed by your physician. { 4-6 weeks}.
- Wiggle fingers of affected limb often. Take sling off for showers and 3 times a day to perform gentle pendulums, and range of motion of elbow, wrist and fingers

### 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 sutures will be removed at your first post-op appointment.
- After 72 hours remove your dressing on your own to feel the ice better and to shower, it is okay to do this. You are able to shower once the dressing comes off, **DO NOT SCRUB** area but soap and water can gently rinse over incisions.
- 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.
- If sutures are catching on cloths after dressing comes off feel free to place band aid over them and change it daily.

### 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.
- Make follow up appointment with Dr. Yousif for 2 weeks postoperatively, if not already made.

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