

# SHOULDER ARTHROSCOPY POST-OP INSTRUCTION SHEET

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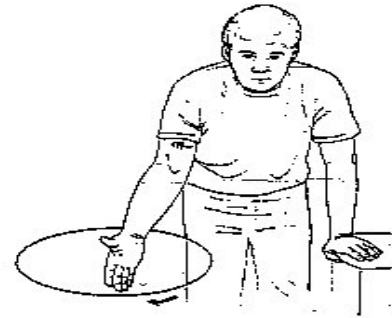
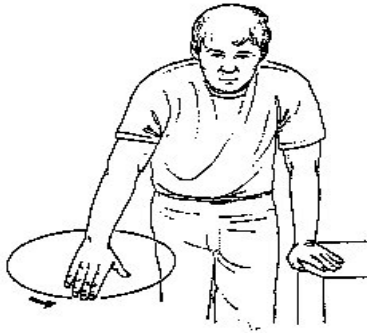
## 1. Sling and post-operative activity restrictions have been circled below:

- Keep your arm the immobilizer at all times.
- Keep your arm in the sling at all times except to perform the exercises below.
- You may remove your arm from the sling when you are comfortable. The sling is only there for comfort. You will **not** hurt anything by using your arm. Begin performing the exercises below the day after surgery, but limit your lifting with this arm to 5 pounds.

Below are exercises that you need to begin the day after surgery, if instructed above. You may remove your sling to do the exercises 3-4 times a day for 10 minutes.

### PENDULUM SWING EXERCISES.

The point of the exercise is for your entire arm to move just as a pendulum would. To do this exercise properly, you should allow your **arm to dangle freely**. Give your self room to allow your arm to swing in small circles. You may need to wear a long necklace with an item hanging on it the first couple of times you do these exercises, as this is one of the best ways to "see" the proper movement. **Bend yourself at the waist** enough that your necklace is dangling like your arm and begin to **sway your entire upper body** back and forth (let your arm hang free, watch the necklace). **Do not force** the arm to move. The **swaying** movement of **your body** will cause the arm to move naturally. You should do circles clockwise and counter clockwise.



2. **Pain control is important!** You should not wait until your pain is unbearable before taking your pain medications. Your shoulder will be injected with medications during the surgery in order to help with pain relief. These medications typically wear off 4-6 hours after surgery and will be associated with **increasing pain** at that time. **This is normal.**
3. All patients will receive a prescription for pain medication in the office at their pre-operative visit. Pain medicine should be taken only as directed in order to help control your pain. Occasionally pain medicines may cause nausea if taken on an empty stomach. You can help prevent nausea by making sure you eat when you take your pain medication and that you are able to sit or lay down should you begin to feel lightheaded. In the first few days after surgery, you can **expect** some of the **side effects** such as drowsiness, lightheadedness, and nausea resulting from the pain medication. **You need to be as comfortable as possible, but also understand that no amount of pain medication, ice, and rest will completely remove the pain after surgery.**
4. If you are not allergic to Ibuprofen (Motrin, Advil, Aleve, Naprosyn, etc.), you may supplement your pain medication with one of the above anti inflammatories to further facilitate pain relief and to help reduce inflammation. Because the pain prescription you were given contains a small amount of Acetaminophen, you should **avoid Tylenol** or any medication containing Acetaminophen while you are on the pain prescription. Another side effect of pain medication that can be easily remedied is **constipation**; increase your fluid intake, drink fruit juices, take an over the counter stool softener if necessary.
5. **Side effects that should not be ignored:** Difficulty breathing, a severe rash, extreme drowsiness, or nausea. If your side effect is life threatening, contact 911, if it is not life threatening, contact our office for further instruction.

6. Apply ice directly over the shoulder bandage for 15 minutes every 1-3 hours while you are awake until your follow up appointment.
7. Leave the dressing in place over the shoulder for **2 days**. Afterwards remove the dressing and apply band-aids over the small incisions. **Do not apply Neosporin or any other ointments over the incisions!**
8. You may begin to shower at **2 days**. Apply clean band-aids after showering. **Do NOT take a bath or get into a pool or hot tub for 2 weeks after surgery!**
9. **Swelling and stiffness** about the shoulder **is expected** for the first several weeks following your surgery. Because your arm is in a sling, you will also get swelling in your arm and even down to the hand. Gripping exercises with a sponge or a soft ball will help to reduce swelling and stiffness in the hand and forearm. You may be sent to physical therapy after your first follow up appointment.
10. Please note your post op **appointment date & time**, this information will be given to you at your pre-operative visit. If you need to confirm or change the appointment time, please contact the office.
11. You should call my nurse, Sharon at **(336)765-1571** if you notice that your bandages are completely saturated with blood, if you have a temperature above 101 degrees, if you have pain that does not decrease with pain medication and ice, if your fingers become cold, numb or purple, or if you have any other concerns or questions. **Some blood on the bandages is okay, however, persistent bleeding is not normal. Many patients will have an elevated temperature for the first few days after surgery. However, a temperature above 101 degrees is not normal, especially if associated with chills or severe pain. The pain medication and ice should help to “control” your pain, however, it will NOT take away all of the pain.**
12. **DO NOT operate heavy machinery, drive an automobile or make important decisions while under the influence of anesthesia for 24 hours after surgery or while taking pain medications. You may resume driving when you feel you can do so safely.**

Comments: \_\_\_\_\_

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Doctor Signature \_\_\_\_\_ Date \_\_\_\_\_

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_