

SHOULDER ARTHROSCOPY: POST-SURGICAL CARE

DIET

- Begin with clear liquids and light foods (juice, soups, etc.)
- Progress to your normal diet if you are not nauseated

WOUND CARE

- It is normal for the shoulder to bleed and swell following surgery. If blood soaks through the bandage, do not become alarmed, simply reinforce with additional dressing
- To avoid infection, keep surgical incisions clean and dry – you may shower by placing a plastic covering over the surgical site beginning the day after surgery. NO immersion of the shoulder in water (bath, hot tub, etc). It is safe to take a sponge bath keeping your incisions dry.
- Remove surgical dressing on the **SEVENTH** post-operative day – if minimal drainage is present, apply waterproof band-aids or a clean dressing over incisions and change daily. You may then shower normally after the seventh day, but do not soak the shoulder. Leave dressing on if it can't be removed easily or safely.

MEDICATIONS

- Pain medication is injected into the wound during surgery. This will wear off within 8-12 hours
- Most patients will require some narcotic pain medication for a short period of time – this can be taken as per directions on the bottle.
- Common side effects of the pain medication are nausea, drowsiness, and constipation – to decrease the side effects, take medication with food – if constipation occurs, consider taking an over-the-counter laxative.
- If vomiting occurs, try reducing the amount of narcotic medication you are taking, reduce your food consumption, and take 1-2 tablets of Gravol every 4 to 6 hours.
- Do not drive a car or operate machinery while taking the narcotic medication

- Ibuprofen 200-400mg (i.e. Advil) may be taken in between the narcotic pain medication to help smooth out the post-operative ‘peaks and valleys’, reduce overall amount of pain medication required, and increase the time intervals between narcotic pain medication usage

CRYOTHERAPY

- Begin once you get home from surgery.
- Use cryotherapy device (or ice packs) continuously for 20 minutes, then take a 2-hour break, and repeat. Use ice until your first post-operative visit.

EXERCISE

- Begin exercises (pendulums and elbow bending/straightening without resistance) 24 hours after surgery unless otherwise instructed.
- You may Google search or Youtube “Pendulum” exercises of the shoulder
- While maintaining your elbow by the side, begin elbow, hand, and wrist stretching immediately.
- Formal physical therapy (PT) may begin after 7-10 days. Please provide your therapist with my protocol (usually emailed to you prior to your surgery)
- If you need a *RECOMMENDATION* for a therapy clinic, please email or call Dr. Abouali’s office

IMMOBILIZER (BRACE)

- Your sling should be worn at all times (except for hygiene and exercise)..
- Keep a pillow behind the elbow when lying down to prevent the elbow from sliding backwards.
- Your sling should be worn for 6 weeks for ROTATOR CUFF REPAIRS, and 4 weeks for LABRAL/BANKART repair
- Take the brace off for 20 minutes while using the icing machine, or to clean your shoulder

EMERGENCIES

Contact Dr. Abouali's Office at 416-546-7373 if any of the following are present:

- Severe pain, swelling or numbness that does not improve with ice or medications
- Fever (over 101°F - it is normal to have a low grade fever for the first day or two following surgery) or chills
- Redness around incisions
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting

****If you have an emergency that requires immediate attention, proceed to the nearest emergency room. Please do not email for medical issues.**

FOLLOW-UP CARE/QUESTIONS

Your first post-operative appointment will be in Michael Garron Hospital fracture clinic. In general, this appointment will take place 1-2 weeks after your surgery. You will receive your appointment before leaving hospital the day of surgery. If not, please contact my office.