



Post-Operative Instructions Arthroscopic Debridement Shoulder Arthritis

DAY OF SURGERY:

Because of your Anesthesia

- Do Not operate hazardous machinery for 24 hours.
- Do Not make important personal or business decisions or sign legal documents for 24 hours.
- Have someone stay with you for the first 24 hours post-operatively.
- You will be sleepy most of the day. Get some rest.
- Advance your diet as tolerated.
- Avoid alcohol for the first 24 hours.
- Your interscalene block will begin to wear off after several hours. Be careful to support your arm if removing from the sling, as you may not have independent control.

Medication Information

- A prescription for a pain medication has been prescribed for you. This medication is a controlled substance and is meant to be taken AS NEEDED for pain only. These medications can be addictive if taken over long periods of time and should be used thoughtfully to control your pain given their known risk of dependence and addiction. If you cannot tolerate your medication and feel you need something greater than an over the counter medication, call the office. DO NOT take this medication in combination with Tylenol.
 - Tramadol - 1-2 pills every 6 hours AS NEEDED for pain
 - Tylenol #3 - 1-2 pills every 6 hours AS NEEDED for pain
 - Norco 5/325 1-2 pills every 4-6 hours AS NEEDED for pain
 - Percocet 5/325 1-2 pills every 4-6 hours AS NEEDED for pain
 - Nucynta 50 mg 1-2 pills every 6 hours AS NEEDED for pain
- If you have been instructed to take an anti-inflammatory medication, please make certain you take this medication with food on your stomach. If you develop any stomach pain, note any blood in your stool or begin to vomit blood, stop the medication immediately and contact your PCP office.
 - OTC Ibuprofen 600 mg three times a day **OR** Naproxen 440 mg twice daily
 - Meloxicam 15 mg daily
 - Nabumetone 750 mg twice a day
 - Celebrex 400 mg on day 1, 200 mg daily thereafter
 - Other _____
- If taking your pain medication regularly, you should also take two protective stomach medications during this time period. You may choose these medications from the list below.
 - Colace 100 mg twice a day
 - Protonix 40 mg daily
 - Nexium 20 mg daily
 - Prilosec OTC 20 mg daily
- Additionally, please be aware that immobility puts you at risk of developing a clot in you leg.
 - You should take an aspirin daily 325 mg
 - Please wear your compression stockings until you are fully mobile
 - Ambulate frequently and pump your ankles/feet often to encourage blood flow



Activity

- Once the block wears off, minimize the use of the sling. To avoid the shoulder becoming stiff again it is imperative that you aggressively work on range of motion
- If a biceps tenodesis was performed, you should avoid lifting greater than 5 pounds with the biceps until advised differently by Dr. Lenarz
- Elevate arm when sitting and resting. This will prevent swelling and decrease pain
- Ambulate as tolerated
- Sleeping in a recliner may also be more comfortable for the first night or two. Additionally, if lying down, elevate your head and place a small pillow under your arm to prevent it from falling back.

Dressing

- Keep dressing intact, clean and dry.
- Cold therapy is used to assist in decreasing pain and swelling. Whatever cold/ice method is used, keep it on for 20-30 minutes at a time with breaks of 60-90 minutes. Always avoid direct application to the skin if using ice in a plastic bag.

DAY AFTER SURGERY:

- If you have not done so, please call our office to schedule your follow up appointment 7-10 days following your surgery yesterday. The office number is (636) 778-3177.
- You may remove your dressing today, however be careful to leave the white “steri-strips” on the skin. Do Not apply any creams, ointments, balms or other material to the incision or around it. Do Not swim or take baths until wounds are completely healed.
- You may shower today. Do not scrub the incisions, but you may allow the water to run over them.
- Once you have feeling back in your operative arm, several times a day, begin pendulum exercises for the shoulder. Bend forward 90 degrees at the waist with your uninjured arm/hand on a chair or table for support. Let your injured arm hang down toward the ground. Make small circles with the hand of your injured arm. Let momentum move your arm around effortlessly for 10 circles; make both clockwise and counterclockwise circles. Keep your movements smooth and controlled, not sloppy. You should also begin working on range of motion of the shoulder aggressively.

TWO DAYS POST OP...UNTIL POST OP OFFICE VISIT:

Continue all other instruction as listed previously.

- A healthy and nutritious diet including low fat and high protein is encouraged to promote healing of tissues
- You may remove your sling 2-3 days following your surgery.
- Frequent ambulation daily is encouraged to maintain strength and endurance in your legs and trunk.
- Avoid trying to use the narcotic medications for sleep as narcotic induced sleep is not restorative and pre-disposes to dependence
- Avoid ANY tobacco or nicotine use – This significantly reduces the likelihood of a good outcome and pre-disposes you to INFECTION and decreases blood flow to the healing area.

Please call If you develop a nausea, vomiting or a rash after taking your medication.

Call if you develop a fever of greater than 100 degrees, chills, any redness, swelling, bleeding or pus-like drainage coming from the wound, or if the wound opens up.



**Call if your pain seems excessive or if you have any questions or concerns.
Our office number is (636) 778-3177.**