

## DR. WOODON POST-OPERATIVE INSTRUCTIONS: SHOULDER ARTHROSCOPY

### WOUND CARE, DRESSINGS AND SHOWERING

On post-operative day 3 you may remove the dressings. Swelling and bruising to the shoulder, chest and arm is normal after surgery. Under the dressings, there may be band-aids over your incisions, which were closed with absorbable sutures and waterproof skin glue. You may shower on post-operative day 1, however, you must keep your bulky dressings clean and dry. After removing the dressings on post-operative day 3, you may rinse with soap and water but no soaking or scrubbing of the incision. When drying off, pat the incision dry.

Until cleared by the surgeon:

- Do not use a hot tub, Jacuzzi, swimming pool, bath or submerge yourself in any other body of water.
- Do not apply any creams, lotions or ointments over the incision.

### PAIN MANAGEMENT AND ICING

A prescription for pain medication will be given following surgery. Pain medications may impair your thinking so don't make major life decisions or drive while on pain medications. It is **ILLEGAL** to drive while on pain medications.

Icing the shoulder is a great way to reduce pain and inflammation while also reducing the need for pain medication and speeding up the recovery process. Ice the shoulder multiple times a day. Never apply ice directly over the skin, wrap the ice around a small towel and apply it to the shoulder for 20 minutes at a time. Alternatively, you may utilize a continuous flow ice machine. Always ice after physical therapy and exercise for weeks following surgery

### PHYSICAL THERAPY

When to start physical therapy depends on the type of surgery you had, and you be instructed on your post-op visit.

### POST-OPERATIVE VISIT

Your first post-op visit is within 2 weeks after surgery. If you have any questions or concerns before then, call the office to speak to our on-call provider. Signs and symptoms to look out for include fever over 102°, difficulties breathing, increased pain and swelling to the calves.

### BRACING, WEIGHTBEARING AND ACTIVITY

You will be placed in a sling for your shoulder following your surgery and should be used for the duration as indicated by your surgery type below. You may remove the sling for showering purposes. At this time you may also remove the arm from the sling for a couple hours per day to perform **NON-WEIGHTBEARING** shoulder exercises as instructed on the **POST-OP SHOULDER EXERCISES** sheet. To sleep comfortably you may remove the sling and place a pillow under the armpit, or you may leave the sling on and remove the neck strap while sleeping. Your activity level depends on the surgery you had, which the surgeon will indicate below.

#### Subacromial Decompression:

- The sling will be used for comfort until your first post-operative visit and are allowed to move your shoulder as pain permits

#### Distal Clavicle Resection:

- Above restriction applies, in addition no reaching across the body or behind the back for 8 weeks

#### Biceps Tenodesis

- No resisted elbow or shoulder flexion, no resisted supination (i.e. turning palm face down to face up) and no lifting anything heavier than 2 pounds for 12 weeks.

#### Rotator Cuff Repair

- In addition to the sling, you will have a cushion placed between your arm and body and it will be used for the first 4 to 8 weeks as you will not be allowed to actively use your shoulder
- Formal physical therapy will begin 4 to 8 weeks after surgery, depending on the extent of the repair

#### Labral Repair

- In addition to the sling, you will have a cushion placed between your arm and body and it will be used for the first 2 to 4 weeks as you will not be allowed to actively use your shoulder
- Wait to do "POST-OP SHOULDER EXERCISES" until instructed to start by your surgeon
- Formal physical therapy will begin 2 to 4 weeks after surgery, depending on the extent of the repair