



BAY AREA ORTHOPEDIC
SURGERY & SPORTS MEDICINE

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DISCHARGE INSTRUCTIONS FOR ARTHROSCOPIC SHOULDER SURGERY

ANESTHESIA

- You may feel dizzy, light-headed, or sleepy for the first 12-24 hours after your operation. You cannot drive, operate any mechanical or electrical devices, or drink alcohol. Do not make any important decisions for 24 hours, and as long as you are taking prescription narcotic medication.
- If you have had general anesthesia, it is normal for you to feel generalized aching, sore muscles, and have a strange taste in your mouth or possibly a sore throat. This is normal and will dissipate in 24-48 hours.
- Resume your diet gradually as tolerated.

ACTIVITY

- Rest on the day of surgery. Patients who can start motion early are in a simple sling. However, patients who have had extensive surgery and need to delay motion will be in a sling with a large foam pad. You will leave with a sling on the operated arm which is to be worn at all times, even to bed, until seen by the doctor. Physical therapy is generally started in 1-2 weeks after surgery unless otherwise instructed.

ICE

- Ice (or cryocuff) the operative shoulder as tolerated for the first 2-3 days is necessary to reduce swelling and pain. Always place a dry towel as a barrier between the skin and ice. Take extra precaution if you have had a nerve block and are unable to feel the arm.

PAIN MEDICATION

- Discomfort from the surgical site is normal and expected. Medications prescribed during your pre-operative appointment are to be taken as directed. You should have medication available to you when you leave the surgery center or a prescription will be provided.

CARE OF DRESSING/SHOWERING

- **DO NOT GET YOUR BANDAGE WET UNDER ANY CIRCUMSTANCES.** Wet bandages increase the risk for infection. Keep dressing clean and dry.
- It is not uncommon to have small spots of bleeding show up on the outer aspect of the dressing. If this occurs, do not become alarmed. This type of bleeding typically stops overnight. If it seems to persist greater than 24 hours, please call my office. You may remove the outer dressing in 72 hours. You may have small pieces of paper tape called steri-strips over the incision – **DO NOT REMOVE THE STERI-STRIPS.** Cover incision sites with new band-aids if steri-strips fall off.
- Report to our office any fever/chills, excessive swelling, redness to skin, discolored drainage, uncontrolled pain, persistent nausea/vomiting or any other concerns. Our office number is (707) 645-7210. Phones are attended to 24 hours/day.

POST-OP VISIT

- Please call the office the next working day after surgery to let us know how you are doing and to confirm your follow-up appointment.

Patient: _____

RN: _____