



POST-OPERATIVE INSTRUCTIONS

PROCEDURE: ARTHROSCOPIC DEBRIDEMENT, CAPSULAR RELEASE, AND POSSIBLE CLOSED MANIPULATION OF SHOULDER

- Pain Medication: You will be given a prescription for pain medication for after surgery. This should be filled and ready for use when you return home from surgery. You should not drive, operate heavy machinery or participate in activities that require concentration while taking narcotic pain medications such as Percocet, Oxycodone, Ultram, Norco, Vicodin or Tylenol with Codeine. You should take an over the counter stool softener while taking narcotic pain medications to prevent constipation.
- Dressings: You may remove your dressings and apply Band-Aids to the incisions 3 days following surgery. (For example, if surgery was on Thursday, do not change the dressing until Sunday.) At that time you may take a shower, but do not soak the incisions in a tub, pool, or body of water for 4 weeks. Change the Band-Aids after each shower.
- Range of Motion Exercises: Begin day of surgery with arm elevation, raising arm toward ceiling a minimum of 10 reps x 3 times per day to pain tolerance. You should begin physical therapy after surgery as soon as possible. You should actively work on maintaining shoulder range of motion.
- Cold Therapy Machine: If provided, begin use the day after surgery. Use it three times a day at the manufacturer's setting for one hour each session. Always make sure to apply a barrier between the cold pad and your skin. Do not use until normal sensation has returned to the arm if a nerve block was placed. If you have not been provided with a cold therapy machine, apply ice to surgical area in a waterproof bag for 30 minutes each hour you are awake.
- Sling: Discontinue use immediately and begin range of motion exercises.
- Post-Operative Appointment: Please make a post-operative appointment to see your surgeon 10-14 days following surgery.
- Prescription Refill Protocol: You **MUST** give your physician **48 hours** notice for any medication refill. Many medications require a written prescription and cannot be called into a pharmacy. Prescriptions **will not** be filled over the weekend.