

Patient Instructions - Arthroscopic Shoulder Surgery

Updated January 2019

My goal is to make your surgery experience comfortable and with as little confusion as possible. Call if you have questions before or after surgery. Much of this information came from feedback of hundreds of patients who have been through this experience before you. I always welcome your suggestions for improvements. -SG

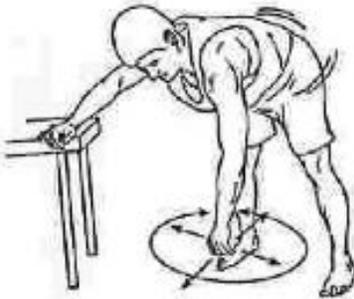
PRIOR TO SURGERY Make sure you have:

1. Read this entire sheet before you have surgery!
2. Please fill your pain medicine prescription before surgery.
3. Purchase pre-surgical wash and use as directed – see attached sheet for instructions.
4. Follow-up appointment scheduled within 7 days after surgery.
5. Your 1st Physical Therapy appointment scheduled within 7-10 days after surgery. Our office will give you a therapy prescription and suggest locations **but you must call and schedule the appointment yourself.**
6. A preoperative medical clearance visit with your primary physician.
7. Someone must drive you from the hospital and stay with you for at least the first night.
8. Bring your insurance cards and a list of medications the day of surgery. Do not bring valuables.
9. Nothing to eat or drink after midnight the night before surgery.
10. Unless instructed otherwise take your usual morning medications the day of surgery with a small sip of water (Not coffee, not juice, not milk!). Do not take Aspirin, Plavix, Coumadin, Xarelto, Eliquis, or Pradaxa.
11. Our office will call you a few days before the surgery and tell you what time to arrive.
12. In most cases, you should refrain from driving for 4-6 weeks, unless specifically instructed by Dr. Goldberg. Be prepared for this.

AFTER SURGERY

About your sling: Nobody likes wearing a sling. However, it must be used to control the motion of your arm. The sling keeps you from actively contracting the muscles around the shoulder, which protects you and the surgical repair. When the sling is off you are more likely to instinctively reach, or raise the arm without thinking, and this can reinjure the shoulder.

1. Your arm will be very swollen immediately after surgery because the shoulder is filled with water to perform the surgery. Do not be alarmed.
2. Your bandage may leak fluid and may have a pink color because it is mixed with blood. This is normal.
3. Take TWO of your pain pills as soon as you feel sensation returning to your arm. Then take one more 4 hours later, and every 4 hours for the first day. Do not wait until the pain is unbearable or it will stay unbearable for a while.
4. Place ice or frozen peas over the shoulder for 20 minutes at a time as frequently as every 2 hours.
5. You will probably be more comfortable sleeping upright in a Lazy-Boy type chair or upright on pillows the first several days. Place a pillow or rolled towel behind your elbow to prop the arm up for comfort.
6. Keep a gauze or dry towel in the armpit for the first 3 days to absorb moisture.
7. You may shower any time after the surgery but you should keep the bandage on and the affected arm away from the stream of water. After 72 hours, you can directly wash the shoulder using soap and water. Place band aids over the incisions.
8. If the dressing is completely soaked you may remove the dressing sooner and cover with dry gauze or band aids.
9. The day after your surgery, begin the pendulum exercises.



- Holding onto a table, lean forward and dangle your operated arm until your fingers are about 6-12 inches from the floor.
- Make **small, slow** circles with your arm, 10 clockwise and 10 counter-clockwise.
- This may be difficult at first but will make the arm feel better once it loosens up.
- Repeat 3 times a day.

10. The stitches will be removed in Dr. Goldberg's office at your first follow-up appointment.
11. Your first physical therapy appointment should be within 7-10 days after surgery.
12. After a few days, some people feel comfortable enough during the daytime to take just Tylenol (325 mg every 4 hours) or even nothing at all. Many people still use the prescription medication at night and before therapy sessions for several weeks after surgery.

13. If the pain medication causes nausea and vomiting, if the pain is severe beyond expectation, if the incisions become red or if you have a fever above 102.0 degrees, call 239-348-4253

□ If Dr. Goldberg REPAIRED your ROTATOR CUFF tendons

1. You should not drive for 4-6 weeks after surgery.
2. You may return to sedentary or desk work in 1-2 weeks. You may not return to heavy work or work that requires lifting for 12 weeks.
3. Your sling should be worn for 4 weeks (and at night, preferably), and then only when out of the house for 2 more weeks.
4. When you are sitting in a chair and resting, you may remove the sling and let the arm rest in your lap for comfort. As soon as you get up, the sling must be put back on.
5. You **may** use arm for activities from the **mouth down** (eating, brushing teeth, typing, computer) while keeping the elbow at your side.
6. You **may not** use arm for activities from the **ear up** (holding telephone, combing hair, reaching up) until 6 weeks postop.

□ If Dr. Goldberg DID NOT repair your rotator cuff (i.e. just removed bone spur):

1. You should not drive for 1 week after surgery and you feel safe operating a vehicle.
2. You may return to sedentary or desk work in 1 week. You may not return to heavy work or work that requires lifting for 6 weeks.
3. When you are sitting in a chair and resting, you may remove the sling and let the arm rest in your lap for comfort. Your sling should be worn until your first follow-up visit, then only when out of the house for 1-2 more weeks.
4. You **may** use arm for activities from the **ear up** (holding telephone, combing hair, reaching up) as soon as you feel comfortable.

□ If Dr. Goldberg Performed a SLAP or LABRUM REPAIR:

1. You should not drive for 4 weeks after surgery and you feel safe operating a vehicle.
2. You may return to sedentary or desk work in 1 week. You may not return to heavy work or work that requires lifting for 12 weeks.
3. Your sling should be worn for 4 weeks, then only when out of the house for 2 more weeks.
4. You **may** use arm for activities from the **mouth down** (eating, brushing teeth, typing, computer) while keeping the elbow at your side.
5. You **may not** use arm for activities from the **ear up** (holding telephone, combing hair, reaching up) until 3 weeks postop.