

Post Operative Instructions Shoulder Arthroscopy

At your preoperative consent visit (prior to surgery), medications for after surgery will be sent to your pharmacy. These can (but will not always) include:

Meloxicam (anti-inflammatory)

*do not take if you have a history of stomach ulcers or kidney disease.

Gabapentin (pain medicine), for at night

Oxycodone (pain medicine)

Tylenol (anti-inflammatory)

Colace (stool softener)

*take while you are taking oxycodone (pain medicine) so you do not get constipated.

Pantoprazole

Please pick these medications up prior to surgery so you will have them at home after your surgery. Please review this list, and make the doctor and/or staff aware of any allergies or issues you have with these medications, or any contraindications. This is very important.

NERVE BLOCK

You will get a nerve block the morning of surgery. This provides pain relief for after surgery.

These normally provide significant early pain relief, and tend to last 24-72 hours. However, do not wait for your nerve block to wear off. Begin taking medicines as prescribed once you get home so you will not fall behind and have issues with pain control.

PHYSICAL THERAPY

Physical therapy is a very important part of the recovery process. Therapy needs to be set up **prior to your surgery** and IDEALLY starts the week of your surgery; however, okay if it is the beginning of the week after.

Find your rehab protocol at:

<https://www.toolesportsmedicine.com/>

At the time of surgery, we will place your arm into a sling. The sling is not to be removed until you go to your first physical therapy visit.

After you are comfortable taking your sling on and off, it is OKAY to remove your sling and do gentle pendulum exercises. Do NOT take your sling off and try to actively move your arm. It is OK to remove your sling while you are seated as long as your arm is supported. Would recommend sleeping in your sling, and sleeping in a semi-recumbent position for the first 4-6 weeks.

An ice machine is an optional item you can purchase prior to surgery to help with inflammation, swelling, and pain relief after surgery.

I highly recommend using either an ice machine or well padded ice to help with pain after shoulder surgery.

Do NOT put directly on your skin due to risk for burning your skin.

In regards to the surgical bandage or dressing, do not remove. If anything happens to your bandage, please contact the office for further instruction.

It is okay to shower after your surgery, but you need to cover the bandage or dressing so that it does not get wet.

Any other questions, please contact the office directly.