

Shoulder Arthroscopy- Post-Operative

- Diet Resume regular diet as tolerated.
- Medication Take 1-2 tablets every 4-6 hours as needed for pain.
 Percocet
 Other _____
Take one capsule twice per day.
 Celebrex 200 mg
 Celebrex 400 mg, take one 400 mg capsule followed by one 200 mg capsule later in the day if needed.
If Toradol is prescribed: This is a non-narcotic medication that should be taken for 3-4 days, every 6 hours. It generally is not prescribed for patients over 50 years of age or for those patients who have a sensitive stomach.
- Activity Ice may be difficult to apply because of thick bandages.
Once dressings are removed, ice may be applied to the shoulder 3 times a day for 20 minutes for up to 1 week.
DO NOT use heat.
Maintain the operative arm in the sling or abduction pillow at all times, until you are seen back in the office.
DO NOT actively lift the operative arm away from the side of your body, as this will stress the newly repaired rotator cuff.
Active hand, wrist and elbow motion is suggested.
DO NOT use exercise equipment unless otherwise instructed.
Keep a pillow under your elbow while lying down and sleeping.
- Dressing Care Keep the dressing dry initially.
You can expect some light bloody wound seepage through the bandage.
DO NOT BE ALARMED. This is normal.
If the dressing does get soaked, remove and replace with dry gauze.
Remove all dressing 48-72 hours after surgery and apply a Band-Aid over each incision to cover the suture.
DO NOT remove the suture.
You may shower 2-3 days after surgery unless told otherwise.
DO NOT immerse the shoulder under water and **DO NOT** rub the incision. Place new Band-Aids on the shoulder after showering.
- Arthroscopic Finding
 Rotator Cuff Intact Partial Tear Full Tear
 Joint arthritis
 Joint Lining inflammation
 Biceps tendon tear
 Loose body
 Signs of instability
- Procedure Performed
 Arthroscopic Joint evaluation
 Rotator cuff trimming
 Rotator cuff repair
 Subacromial decompression(spur removal)
 Stabilization
Other _____

Follow-Up

Call the doctor's office today or the next business day to make return appointment in 10-14 days.

Notify your doctor of any fever over 101.5 degrees, excessive wound drainage, or numbness in the arm or hand.

Specific
Instructions
