

SHOULDER ARTHROSCOPY INSTRUCTIONS

Subacromial Decompression

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918-742-2502

Follow-Up Care

Call the doctor's office today to confirm or make an appointment in about 10 days. Your sutures will be removed at your first post-operative visit.

Activity

Rest today.

Ice the shoulder for 3-5 days. One hour on, one hour off. Keep a very thin towel between skin and ice bag.

CPM or continuous passive motion machine (if provided) use is to begin day after surgery. Use as tolerated although the representative providing the machine will recommend 2 hours three times per day.

Discontinue sling the day after surgery if you are comfortable.

You can use the shoulder as tolerated the morning after surgery

Pendulum exercises are performed by hanging your arm to the ground while you are bent over the waist. Dangle fingertips to the ground making gentle small clockwise and counterclockwise circles with your hand. Pendulum exercises should be done for 20-60 seconds, 4 times per day.

Care of Incision and Dressing

It is normal to have some bleeding for 48-72 hours. Reinforce dressing if necessary.

Remove dressing and shower in 48-72 hours. Change Band-Aids daily.

Do not submerge wound in bath water, pool, lake water, or hot tub.

Keep incisions clean and dry.

Do not put creams or lotions on your wounds.

Medications

Resume routine medications.

Take one Aspirin 325 mg daily for next 5 days.

Most patients will receive Oxycodone medication for pain,

Morphine pills are for breakthrough pain only (first 48 hours only) and

Phenergan for nausea.

Driving

You may drive on the third post operative day.

Do not drive if you are taking narcotic pain medication.

Call Dr Jabbour's Office If:

If medication causes severe uncontrollable nausea.

If you have shortness of breath or severe calf pain, go the emergency room if you cannot contact the office

If you have a temperature greater than 101.5 degrees Fahrenheit