

Discharge Instructions After Arthroscopic Shoulder Surgery

Follow-up with Dr. Huff within 1 week of surgery

Medications:

1. **Ibuprofen** – Take scheduled for pain and to minimize swelling
2. **Percocet** – Take as needed breakthrough pain
3. **Hydroxyzine** – Take as needed for pain particularly evening or night pain
4. **Colace** – Take scheduled to avoid constipation
5. **Zofran** – Take as needed for nausea

Dressings:

Bulky dressing may be removed on post-op day #1
Steri-Strips (small bandages over incisions) to remain in place until follow-up

Elevation and Icing:

Elevation is important to help decrease swelling. I recommend elevation with several pillows and the elbow at a gentle bend.

Apply ice over the shoulder for 20 minutes every hour while awake for the first 3 days following surgery and then as needed for pain after

*****Elevation and icing are two of the most important modalities to decrease pain and swelling*****

Shoulder Immobilization:

The shoulder immobilizer is important to protect the surgical repair.
Please wear shoulder immobilizer at all times other than for therapy and hygiene

It is OK to remove the sling for bathing and dressing

It is OK to remove the sling for finger wrist, and gentle elbow range of motion

Hygiene:

It is OK to shower and let warm, soapy water run over incisions. Do NOT submerge incisions under water (eg bath, pool, hot tub) for at least 4 weeks after surgery

Diet:

Advance diet as tolerated. Nausea is very common after surgery. It is generally easier to start with clear liquids (eg apple juice) and advance to solid foods

Regional Block:

If you had an axillary, interscalene or other regional block, the numbness can last 24-36 hours or more.

Driving:

You must also be off all narcotic pain medication in order to drive

If any questions or concerns, please call (614) 262-4263