

# Central Texas

## Sports Medicine & Orthopaedics, P.A.

### Post Operative Instructions – Shoulder Arthroscopy

#### Cold Therapy:

- Expect swelling after your surgery. Ice will help reduce the pain and swelling.
- The day of surgery - Ice bags should be applied to shoulder every three (3) hours for 20 minutes.
- The first week after surgery – use ice bags three (3) times a day for 20 minutes. Then as needed.
- Do NOT place ice bags directly on your skin.

#### Arm Sling:

- You will be placed in an arm sling for approximately 7-10 days after surgery.
- Wear arm sling at all times, even while sleeping. You may remove sling to eat, type, write and shower.

#### Wound Care:

- You will leave the hospital with a large gauze dressing on your shoulder.
- You may remove the dressing 24 HOURS after surgery and apply occlusive type band-aids to the incisions. Change the wet band-aids immediately after your shower. DO NOT soak in a tub. Keep incision clean and dry.
- Expect to have some drainage from the incisions for a few days.

#### Activities:

- You can NOT drive for 24 hours after surgery or while taking the pain medication.

#### Pain Medication:

- **Lortab (Hydrocodone)**. You may take one tablet every 6 hours **as needed** for the pain. You may also take an anti-inflammatory medication (**Advil or Aleve**). You can alternate the anti-inflammatory medication with the pain pills. We recommend taking these medications with food.
- **Phenergan tablets** (Nausea medication) – if you have a problem with nausea and vomiting, please take on tablet every 6 hours **as needed**.

#### Warning Signs:

- Call the office if you experience any of the following:
  - Persistent or increased pain
  - Significant swelling, numbness or bleeding
  - Fever greater than 101 degrees

#### Follow-up Appointment:

- Call the office if you have not already scheduled your follow-up appointment. We would like to see you one week after your surgery.
- After hours, if you have any questions or concerns, call **(979) 776-0169**.