

Shoulder Arthroscopy Information - Dr. Crook

Post-Op Medications for Home

You will be given a prescription for a pain medication. Check with the nurse or pharmacist if you have any known drug allergies prior to taking the medication. Pain medication can often cause drowsiness. Therefore, you should not drive or operate machinery while taking the pain medicine.

Certain pain medicines can cause itching, which can be treated with over-the-counter Benadryl. Nausea is also a frequent side effect, and can be decreased by eating a little prior to taking the medication. If either itching or nausea is persistent, please contact our office.

A common side effect of narcotic pain medication is constipation. It may be necessary to take an over the counter laxative or stool softener. Peri-colace is an example of these types of medications. If you need assistance please ask the pharmacist at your selected pharmacy. We are unable to fill prescriptions after office hours and on weekends. If you need a refill, please call the nurse early in the day so that the request can be filled.

Physical Therapy

Physical Therapy (PT) begins within the first few days to a week after surgery based upon your procedure. You will be instructed in a number of exercises which will help you heal properly and quickly. Some of these exercises will be part of your home exercise program (HEP). Refer to the protocol you received on the day of your surgery. Your PT prescription will be provided when scheduling surgery. If you or your therapist has questions, please call our staff at 615-329-6600 ext 1511.

Sling

Continue to wear sling at all times or as directed by your physician. You may remove sling for exercises, therapy or bathing. Length of use is based upon your surgery type. Your sling is also useful in public situations to visually inform others to avoid touching your shoulder or shaking your hand.

Find your surgery below to estimate the length of time you will be wearing your sling.

1. 6 weeks
 - Rotator cuff repair, open biceps tenodesis
2. 4 weeks
 - Bankart repair, SLAP repair
3. 2 to 7 days
 - Subacromial decompression, distal clavicle resection, biceps tenotomy

Dressing Changes

The original dressing should be removed approximately 24 hours after surgery. The white steri-strips should not be removed, as they fall off about 2 weeks after surgery. If you have stitches, they will be removed about 2 weeks after surgery at your post-op visit.

Showering

You may shower immediately after surgery so long as the dressing and incisions remain dry. The incisions can get wet in the shower 48 hours after surgery. When complete, pat the incisions dry, and re-apply a clean dressing. Do not submerge your incisions under water until incisions are completely healed. This is usually 21 days after surgery.

Cold/Ice Treatment

Use ice with a thin towel between the ice and your skin. Ice treatment may be done for 20 – 30 min intervals for 3-5 times per day.

Returning to Work or School

You may return to work or school within a few days after surgery if pain is tolerable. You must take the time to honor your commitments to physical therapy and office visits. Returning to heavy labor will be determined by

your progression through physical therapy and the cartilage condition and strength.

Follow-up Appointments

Please call immediately to make a follow up appointment with us in the office if you have immediate concerns. Let the office know that you are a post-operative patient and must be added on the schedule. Desired appointment times for Dr. Crook's patients are post-op 2 weeks, 6 weeks, 12 weeks, and 6 months.

Risk

There are several risks to any surgery that must be taken into account.

Infection: Infection is decreased with sterile operating environment and antibiotics and careful handling of the incision sites following surgery.

Pain: All surgical procedures may cause pain. Additionally, there is a potential complication of pain. Medication, ice, rest, compression, elevation, and therapies reduce pain.

Call our office at 615-329-6600 ext 1511 and/or go to an emergency room IMMEDIATELY if any of the following occur:

- A. Fever, chills, or sweats
- B. Redness and warmth around the incision(s), non-clear drainage from the incision, or increased pain in or around the incision.
- C. Calf swelling, redness, pain, or warmth
- D. Chest pain, difficulty of breathing, or cough

*** If you become hospitalized for any reason after surgery, please inform the admitting ER physician to call us at 615-329-6600 ext 1511.