

Shoulder arthroscopy - Rotator cuff and Labral repairs

Wound Care

- **Remove** outer dressing on post operative **Day 2**. Keep steri-strips (white band-aids) in place until follow up appointment.
- You may shower the following day after surgery. Keep surgical incisions clean and dry. **DO NOT** get wet. Cover with plastic bag or Saran Wrap for showering. **DO NOT** immerse or soak shoulder.
- It is normal for some bleeding to occur. **Do not** be alarmed if there is staining on the dressing. If blood begins to soak through the dressing, reinforce with additional dressing (which can be purchased at your local drug store) and contact the office. If it is after hours, please utilize the after hours number (listed below) for further instructions

Ice Therapy

- Begin **immediately** after surgery. Use a large bag of ice every 2 hours for 20 minute intervals daily until your first post operative appointment
- Icing is very important and will help with reducing pain and swelling. Do not be alarmed: swelling and numbness around the incision **is normal**.
- **Ice Machines:** Can either be purchased online or through our office directly. It is **STRONGLY** recommend using an ice machine at home. They are not covered by insurance; however, we find them to be very beneficial for pain and swelling management post-operatively. Contact the office if you are interested in purchasing one.

Medications

- You had a nerve block administered prior to surgery. It will begin to wear off after several hours, the timeframe can vary. **Start** taking pain medication before the block begins to wear off
- **Oxycodone with Tylenol (Acetaminophen)** is typically prescribed for pain control following this procedure. Please follow the instructions indicated on the bottle. This is a narcotic medication and we recommend that you begin to wean off this medication as soon as possible.
- **DO NOT** drink, drive or go to work while using narcotic medication.
- **DO NOT** take additional Tylenol while taking this medication.
- Nausea and drowsiness are common side effects of narcotic medication. To decrease these side effects we recommend taking it with food or a small snack. An **anti-nausea medication** is routinely prescribed as a precaution in case you begin to experience nausea. You can take this as needed.
- Constipation is also another common side effect of narcotic medication. We recommend staying hydrated and purchasing an over the counter stool softener (Docusate/Colace) to aid with this.
- Additionally, you **CAN** also take 600 mg of Ibuprofen (Motrin or Advil) every 8 hours for pain AND swelling. This should be staggered with the narcotic medication.



James Alfandre, MD



Justina Mueller, PA-C

Contact: Michelle, PCS (518) 453-9088

Hours: 8:00am-4:30pm | After Hours Assistance: (518) 489-2663

Pain & Pain Treatment

You **will not** be able to get **prescription refills after hours or on the weekends**. It can take up to 48 hours for a prescription refill to be processed. Please anticipate your needs and contact our office for refills **BEFORE** you run out. We also recommend you wean off narcotics as soon as possible.

Activity

- A **shoulder sling/immobilizer** was placed on you at the time of surgery. This should remain on until for first post operative appointment, **including** sleeping. You will remain in the sling/immobilizer for a total of 4-6 weeks post operatively.
- You **may** remove the sling for bathing, dressing, daily gentle exercises (see exercise below) or occasionally while sitting in a controlled environment at home.
- **NO** heavy lifting, pushing or pulling greater than 1 lbs
- When sleeping or resting, lying in a reclined positions (reclining chair) may provide some comfort.
- No driving until instructed by your provider.
- You may return to **sedentary** work or school once your pain is tolerable. We recommend planning a minimum of a week out of work/school.

Exercises

- Sling **CAN** be removed for gentle pendulums exercises 2-3 times a day. You can begin exercises on post op day 1, once that block is worn off and as tolerated.
- Several times daily **remove sling** to work on gentle flexion/extension of the elbow and hand grip exercises.
- Hold on scheduling formal physical therapy until instructed by your provider.

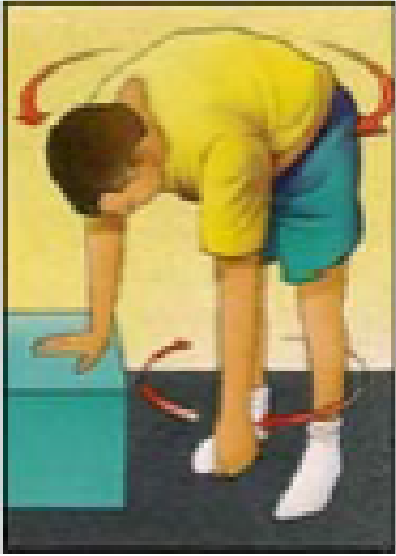
Emergencies

- Please **call the office** for the following:
 - Uncontrolled pain, swelling or numbness
 - Fever or chills (Fever over 101 degrees Fahrenheit: **low grade fevers** are common for a few days following surgery)
 - Redness around the incision/dressing or color change in the extremity
 - Continuous drainage or bleeding from the incision site
 - Difficulty breathing or excessive nausea/vomiting

OrthoNY Urgent Care: Orthopedic urgent care walk-in services are available:

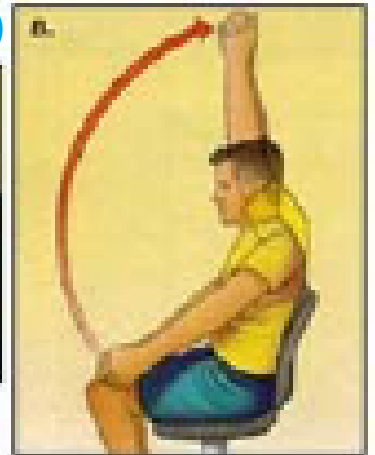
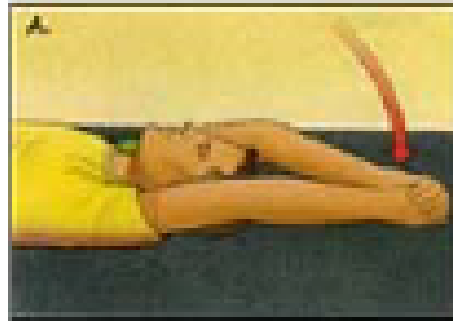
- **Clifton Park:** 1768 Route 9, Clifton Park, NY 12065
(Hours: M-TH: 8am-7:45pm, F: 8am-5:45pm, Sat/Sun: 8am-1: 45pm)

Pendulum, Circular



- Bend Forward 90 degrees at the waist, using a table for support.
- Rock body in a circular pattern to move arm clockwise 10 times, then counterclockwise 10 times.
- Do 3 sessions a day

Shoulder Flexion (Assistive)



- Clasp hands together and lift arms above head. Can be done lying down (drawing A) or sitting (drawing B). Keep elbows as straight as possible.
- Repeat 10 to 20 times.
- Do 3 sessions a day.

Supported Shoulder Rotation



- Keep elbow in place and shoulder blades down and together. Slide forearm back and forth.
- Repeat 10 times.
- Do 3 sessions a day.

Walk Up Exercise (Active)



- With elbow straight, use fingers to "crawl" up wall or door frame as far as possible. Hold 10 seconds.
- Repeat 3 times.
- Do 3 sessions a day.