

Avista One Medical Plaza
90 Health Park Drive
Suite 390
Louisville CO 80027
303-665-0286



Orthopedic Professional Association

Michael P. Wertz, MD
J. David Grauer, MD
James G. Reid, MD
E Jordan Stoll, MD

Medical Pavilion
1155 Alpine Street
Suite 250
Boulder, CO 80304
303-449-4545

POST-OPERATIVE INSTRUCTIONS SHOULDER ARTHROSCOPY

DIET:

1. Begin with liquids and light foods such as Jell-O and soups.
2. Advance as tolerated to your regular diet if not nauseated.

FIRST 24 HOURS:

1. Be in the care of a responsible adult.
2. Do not drive or operate machinery.
3. Do not make important personal or business decisions, or sign any legal documents.
4. Do not drink alcoholic beverages.
5. Your surgeon may have put long acting local anesthetic in and around your wounds. If so it will wear off in 12-16 hours and your pain may increase. You may have some numbness until it wears off.

ACTIVITIES:

1. Ice should be applied to the shoulder in a waterproof bag for 30 minutes each hour while awake for first 48 hours.
2. Your doctor will advise you on sling or immobilizer use.
3. Do not engage in activities that increase your pain.
4. Return to work depends on your type of employment.

Exercise:

1. Begin exercises immediately for your arm and repeat hourly while awake:
 - Isometrics (tightening the arm and shoulder muscles)
 - Elbow Straightening (may have to remove arm from sling)
 - Vigorous grasping (making a tight fist and opening fingers all the way)
2. Your routine exercises generally will be discussed at your first post operative visit

Wound Care:

1. Maintain your postoperative dressing. Some hand swelling is to be expected
2. Remove your surgical dressing on the second post op day. Cover the wounds with Band-Aids.
3. Keep the surgical incisions dry until your sutures are removed when you see your doctor.

Medications:

1. Strong oral narcotic pain medications have been prescribed for the first few days. Use only as directed. No pain medication is capable of taking away all the pain. Taking your pills at regular intervals will give you the best chance of having less pain.
2. Try to get your prescription at a pharmacy with extended hours. When you need a refill you want them to be open.
3. If you need a refill PLEASE PLAN AHEAD. Call our office during regular hours (8-12 and 1-5).
4. Do not combine with alcoholic beverages.
5. Be careful as you walk, climb stairs or drive as mild dizziness is not unusual.
6. Do not take medications that have not been prescribed by your surgeon.
7. You may switch to over the counter pain medication of your choice as you become more comfortable.

WHEN TO CALL YOUR SURGEON:

1. Significant swelling or any new numbness in the limb that was operated on
2. Unrelenting pain
3. Fever or Chills
4. Redness around incisions
5. Color change in arm or hand
6. Continuous drainage or bleeding from wounds (a small amount of drainage is expected)
7. Any other worrisome condition

WHEN TO CALL YOUR REGULAR DOCTOR:

Flare up of any of your regular medical conditions

WHEN TO CALL 911:

1. Chest Pain
2. Shortness of Breath
3. Any other acute serious condition

FOLLOW-UP CARE:

1. You should have an appointment with you doctor for 7-10 days after your surgery.
2. Call 303-665-0286 to make this appointment if not made at your pre op visit.

Acknowledgement:

I acknowledge that I understand these instructions and that I have no further questions.

DATE: _____

Patient

Responsible Adult Companion