

## FLORIDA SPORTSMEDICINE AND ORTHOPAEDICS, PA

Dr. James Talkington

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### Shoulder Arthroscopy Postoperative Instructions

- Someone should drive you home and be around you for the rest of the day. Many times after exposure to anesthetic agents, the patient becomes nauseated for 24-48 hours postoperatively. Begin your diet with clear liquids and progress as tolerated over the same time period.
- Place a Ziplock freezer bag with ice in a towel and on top of your shoulder for 15-20 minutes 2-3 times a day. Do NOT place ice directly on your skin.
- Leave your dressing on (keep it clean and dry) until physical therapy removes the dressing, within 24 hours after surgery. Once therapy has removed the bandages they will replace with band aids, continue to keep the leg clean and dry. After your appointment with therapy you can use waterproof band aids and take a shower. The idea is to keep the incision sites covered and dry.
- Remember to keep the area clean and dry. Do NOT apply any creams or ointments to the incision site. Do NOT scrub or pick at your wounds.
- Wear your sling at all times except to bathe or participate in physical therapy. **If you had a tear**, when you shower keep your arm at the side of your body. Do NOT bathe until after 48 hours.
- You should not drive until after your return appointment with Dr. Talkington, he will advise you then when you can drive.
- You may feel more comfortable sleeping upright in a recliner with a medium sized pillow length wise under the operated shoulder. **If you had a tear** the abduction sling should be worn while sleeping.
- You should begin physical therapy the day after surgery. Your therapy is scheduled for \_\_\_\_\_ at \_\_\_\_\_. You should begin range of motion exercises that were given to you during the Reaching for New Heights class.
- If you develop any fevers, shakes, chills, unexplained increases in pain, nausea or vomiting contact the office at 850-763-0346.
- Your post-op appointment with Dr. Talkington is scheduled for \_\_\_\_\_.

#### Medication:

- You should take your medication as prescribed. Do NOT mix alcohol with any pain medication. Avoid driving or any situation that demands making decisions or fast reactions while taking pain medication. NO refills will be given for pain medication until your first post-op visit. It can take up to 2-3 days for the postoperative pain to subside.
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- Do Not take Tylenol or acetaminophen in combination with any pain medication that contains the same substances.
- One side effect of narcotics is constipation, if this occurs you can take an over the counter laxative.

Should you have any questions or concerns please feel free to contact the office at 850-763-0346. If after hours there is a voicemail, follow steps for after hours.