

## **What to Expect after Arthroscopic Shoulder Surgery: some of the details....**

- It is normal to have swelling and discomfort in the shoulder for several days or a week after surgery.
- Apply ice bags or use the cryocuff you were given to control swelling. Ice should be applied 20-30 minutes at a time, every hour or two; put a thin towel or T-shirt next to your skin if using ice in a plastic bag. Icing is most important in the first 48 hours, although many people find that continuing it lessens their postoperative pain.
- If you had a nerve block, the local anesthetic may keep your shoulder numb for several hours, typically 18-24. You will be given prescriptions for two powerful pain medications when you are discharged from the hospital. If you find you do not tolerate them, call our office and we will try another one. Many patients find that lying down accentuates their discomfort. You might sleep better in a recliner, or propped up in bed. A pillow placed behind your elbow may also help.
- Keep the postoperative dressing clean and dry. You may remove the dressing the next day and shower. Try and keep the incision clean and dry. Leave the white steri-strips in place since these will be changed at the first follow up visit in the office.
- We would like to see you back in the office 5-10 days after surgery. If you don't have your first post-operative visit scheduled, call our office to make one. (216) 844-7093
- Start your postoperative rehabilitation/physical therapy right away if ordered to do so. Your physical therapy program is key to a successful outcome. We want you to schedule your first physical therapy appointment the 2-4 days after surgery in specific cases (as indicated in the preoperative discussion). It often helps to call well in advance from your surgery date to make an appointment with your physical therapist.
- PUMP YOUR HAND AND MOVE YOUR WRIST AND ELBOW TO KEEP THE BLOOD CIRCULATING AND PREVENT STIFFNESS after your arthroscopic procedure.
- Be in the care of a responsible adult.
- Abstain from drinking alcoholic beverages and from smoking.

- You may eat a regular diet, if not nauseated. Drink plenty of non-alcoholic, non-caffeinated fluids.
- Do not make important decisions or sign legal documents.
- Plan to take a few days off work.