



**WESTLAKE
ORTHOPAEDICS**
SPINE & SPORTS

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***POST-OPERATIVE HOME CARE INSTRUCTIONS
SHOULDER ARTHROSCOPY***

We hope that this instruction sheet will help to answer questions which may arise after you are discharged from the hospital. Remember, even though you may feel improved, the healing process typically requires 6 to 8 weeks for complete recovery.

DAILY ACTIVITY

- Rest a little, walk a little, but please do not over do it!
- Wear your sling at all times until instructed otherwise.
- You may remove your sling when resting or to stretch your elbow. Open and close your hand several times per hour to promote circulation. Do not use your arm for activity or raise your arm until released to do so by the Doctor.
- You will be instructed regarding increased activity level at your next office visit.
- For comfort and convenience, we recommend that you wear button down shirts.
- You will likely be most comfortable sleeping in a reclined position, as in a “lazy boy.”
- DO NOT DRIVE UNTIL YOUR DOCTOR HAS RELEASED YOU TO DO SO.

COMPLICATIONS

Indications for wound infection include: fever over 102 degrees, wound drainage, increasing redness or swelling. Should you develop any of these symptoms, please notify our office. After hours or on weekends, please call the office number and you will be instructed on communication with the Physician Assistant or Doctor on call.

POST-OPERATIVE PAIN

- You may continue to experience some degree of discomfort for 6-8 weeks following surgery. This is normal. The surgical site must heal completely, and this simply requires some time. Typically, your shoulder will be sore, but severe pain is unusual.
- If you experience significant swelling, reduce your activity and apply ice to your shoulder. DO NOT apply direct heat to the incision site without the doctor’s approval.
- You will be given a prescription for pain medication and anti-biotic when you leave the hospital. If you do not receive this prior to discharge from the facility, please contact the office. As your post-operative pain subsides, extra strength Tylenol is appropriate to take on an as needed basis as you wean off of Hydrocodone.

WOUND CARE

Sutures or staples are typically removed 14 days post-operatively. You will need to make an appointment during this time frame. It is important that you keep your incision clean and dry initially following surgery. You may shower after the sutures or staples are removed or when the doctor has cleared you.

JUST A REMINDER

- Please use common sense and not go onto uneven terrain, gravel, or slippery concrete where you are likely to slip and fall.
- Take a stool softener or laxative as needed for constipation, which can be a side effect of narcotic medication.
- You may shower when the doctor has cleared you following staple or suture removal.
- If your incision site becomes red, hot or begins draining, please call the office to let the doctor know.