



## CAPE COD SPORTS MEDICINE INC.

**ORTHOPEDIC SURGEON**

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### Shoulder Arthroscopy

\*Your surgery is day surgery which means you will be going home the same day.

\*Be sure that you have someone to drive you to and from the hospital and also to assist you for the first 24 hours, as it can take up to 48 hours for the effects of anesthesia to subside. Do not make any important legal decisions or drink alcohol during this time.

\*Our Physician Assistant, Karen Trait, will speak with you today about anesthesia and discuss your consent form for you to sign. Some patients opt for a nerve block which can leave your shoulder/arm/hand numb for up to 18 hours without pain. If you have any questions regarding the procedure you are going to have done, now is the time to ask Karen and she will explain any needed information.

\*When you get discharged from the hospital, you will have on bulky dressings, ice packs, and a sling. For the first 48 hours you must wear your sling at all times. You may not shower or bathe. After 48 hours you may remove your sling, take off the bulky dressings and then you may shower/bathe. However, you must keep your incisions dry at all times by using water tight bandages. These can be purchased at any pharmacy. You can place regular Band-Aids over your incisions whenever you are not showering. When you remove your sling after 48 hours, it becomes optional and for your comfort only. We do recommend that you wear it if you are going to a public place (shopping, errands, etc) for your protection. Once the 48 hours has passed you will begin pendulum exercises. These will be the only thing you do with your surgery arm until you see us for your post operative appointment. These are to be done gently and let pain be your guide- do not push past your comfort level. It should be a goal to do these exercises three times a day for a session of 10 minutes. This equals out to 2 ½ minutes for each exercise. Again, do what you can tolerate-this is a goal! It is important that you start these after 48 hours and continue them to avoid not healing correctly, adhesions, or unwanted pain.

\*You should use your ice packs as much as possible. It is recommended to use them 20 minutes every hour you are awake for the first 3 days. After that, use it as needed. Ice is a great natural anti-inflammatory so it is helpful to ice after doing your pendulum exercises, or whenever your shoulder feels sore.

\*The best place to sleep after your surgery is in a reclining chair. This helps prevent you from rolling, and avoids the pressure of your shoulder against a mattress. If you do not have a recliner, sleeping in your bed propped with pillows will also work. Sleeping upright is the most comfortable position. Find what works for you!

\*As part of a safety precaution, we enforce the law that you may not drive with sutures in. If you were to be pulled over, you will be cited for being incapacitated do to the sling and/or having sutures in which would inhibit your ability to drive properly and safely. You will be able to drive once the sutures are removed at your first post operative appointment which is usually 8-10 days after surgery. When your sutures come out, be sure to use your non surgery arm for turning the steering wheel for approximately 4 weeks.

\*As mentioned before, you will only be using your surgery arm for the pendulum exercises. You may not reach above your head, behind your back, or across your chest. Avoid holding more than 1 pound of weight at a time. No lifting of any kind should be done. Let someone help you with daily things such as dishes, trash bags, pets, etc.

\*By now you are probably wondering what time your surgery is. The hospital will call you the day before your surgery around 3 or 4 o'clock to tell you what time to check into the Faxon Center. This is the main entrance desk at the hospital.

\*A week before your surgery, you must stop taking any aspirin products and/or anti-inflammatories. Aspirin products include-Asprin, Motrin, Advil, Aleve & Ibuprofen. Do not take prescription or over the counter anti-inflammatories. If you take a blood thinner, this must be stopped 7 days prior to your surgery unless told otherwise by your cardiologist or primary care doctor.

\*The night before your surgery you cannot have ANYTHING to eat or drink after midnight. This includes water, gum, candy, mints, etc. The only exception is if you are told to take daily medications in the morning- you may take a small sip of water to get your medicines down.

\*When you come in for your post operative appointment, Dr. O'Malley will discuss your surgery with you and usually has intra-operative pictures to show you. If Dr. O'Malley feels you are ready for physical therapy at your appointment, he will give you a prescription to take to the facility of your choice.

\*Karen Trait will be giving you a prescription today for post-operative pain. Usually Percocet or Vicodin is used. You will be given a pain contract which is to be read today and signed by you, Karen Trait, and the medical assistant. These medications have the potential to make you feel nauseous, constipated, light headed, confused, or loopy. If this happens, follow the instructions on the pain contract to discuss a different medication for you. If you feel like your pain medication taken as directed is not enough, you may take an anti-inflammatory in between doses. This could be Aspirin, Motrin, Aleve, Advil, Ibuprofen, or Tylenol. You may continue your regular eating habits while taking the pain medication, but be aware that they can be constipating- if this happens, you may take a stool softener or laxative, or increase fiber in your diet (i.e.: prunes).

\*Depending on your occupation and the amount of work being done during your surgery, the time you will be out of work can vary. Please let Karen know what you do for work and she will be able to tell you how long you should be out. If needed, we will give you a doctor's note to be out of work.

\*If you have ANY questions, please let us know! We want to make this experience as comfortable and easy as possible for you!

\*\*If you experience any abnormal or excessive bleeding, fevers/chills, drainage, shortness of breath, chest pain, redness around your wound, streaking, or continuous nausea/vomiting, call our office ASAP! If you experience any of these symptoms after our business hours, report to the nearest emergency room. The number to Falmouth Hospital is 508-548-5300, Cape Cod Hospital is 508-771-1800. The office telephones are on Monday through Friday from 8:30 to 4:45.

