

Todd C. Battaglia, MD, MS
Syracuse Orthopedic Specialists, PC

Post-op Instructions: Shoulder Arthroscopy

What was done:

- | | | |
|--|---|--|
| <input type="checkbox"/> Subacromial decompression | <input type="checkbox"/> Rotator cuff debridement | <input type="checkbox"/> Rotator cuff repair |
| <input type="checkbox"/> Labral repair | <input type="checkbox"/> Labral debridement | <input type="checkbox"/> Biceps tenodesis |
| <input type="checkbox"/> Distal clavicle excision | <input type="checkbox"/> Other: _____ | |

Diet:

- Begin with liquids and light foods; progress to regular diet as tolerated.

Activity / Brace:

- Use your sling for comfort; discontinue when you are comfortable. You may also remove it for showering and for range-of-motion exercises for your elbow, wrist, and hand. You may advance shoulder motion and lifting activities as pain allows.
- Your sling or immobilizer is necessary to stabilize and protect your shoulder. You may remove it for showering, for range-of-motion exercises for your elbow, wrist and hand, and for SHOULDER PENDULUMS ONLY, but then should reapply it and wear it at all times until your follow-up visit. No lifting or carrying allowed. You may use your arm with your elbow at your side for light duties such as desk or computer work.

Wound care:

- Please wash your hands before and after changing your dressing.
- Remove the dressings in 48 hours and apply Band-Aids to the wounds.
- Do not remove any steri-strips (small white paper tapes) if any are present. They will fall off on their own.
- You may shower in 48 hours after dressings removed. If you shower before that, incisions and dressings must be covered with plastic and kept dry.
- No soaking / submerging wounds in bathtub, pool or hot tub until sutures are removed at follow-up.
- A "pain pump" has been placed in your shoulder. It contains enough medicine to last approximately 48 hours. When you remove your dressing in 2 days, underneath there will be a clear plastic bandage holding the tube in place. Peel off this plastic and slide the tube (approximately 6-8" long) out of your shoulder. You may then put the entire device (tube and pump) in the trash.

Icing:

- Apply ice packs to the shoulder 3-4 times per day for 20 minutes each time for pain and swelling relief.

Medication:

- Pain medication: You have been prescribed a narcotic. Take as directed if needed for pain. Do not exceed recommended dose.
- Antibiotic: You have been prescribed Keflex or Clindamycin. Take as directed until finished.
- It may be helpful to take an over-the-counter anti-inflammatory such as ibuprofen for pain control if you do not have any problems with these medicines (such as stomach ulcers, kidney problems, or allergy to aspirin).

Physical therapy:

- Please see separate physical therapy prescription. Call and make appointment with therapist to start therapy in approximately 5-7 days. Bring prescription to first appointment.

Follow-up appointment:

- Call for appointment with Dr. Battaglia. You should be seen in approximately 10-14 days.

Additional instructions:

- Call your doctor if wound appears red or develops drainage, if extremity is cold to touch with discoloration, numbness, tingling or excessive swelling, any excessive bleeding, fever above 101°, persistent nausea, vomiting or dizziness.
- If you received general anesthesia or intravenous sedation, you should not drive a motor vehicle, operate hazardous equipment, make any major decisions, or drink alcoholic beverages for 24 hours.
- Do not drive or operate heavy machinery or drink alcoholic beverages while taking pain medication.
- Refills on pain medication will only be provided during normal office hours Monday through Friday. No refills will be given or called in after hours or on weekends.**
- For any** non-emergent problems or questions during normal hours, or during the night / on weekends, you may call Dr. Battaglia's office and speak to the nurse / doctor on call. In case of true emergency, call 911 for transport to your local emergency room.

Special instructions: _____

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