



POST OPERATIVE PATIENT INFORMATION

Operation of the Shoulder

Your operation was performed by arthroscopic methods. The interior of your joint was visualized with a small telescope. The diagnosis was established and appropriate surgery was performed with micro-instruments. It is most important to remember, that although the external incisions are small, the interior structures take six to eight weeks to heal and quiet down. Overuse of your shoulder during this period can compromise your results.

SWELLING: You can expect some swelling in the shoulder. The amount is variable, depending on individual circumstances. The swelling should diminish within several weeks.

ICE & ELEVATION: This is the **most important** for the first few days. This will keep swelling to a minimum. Ice bags can be made from plastic bags, but should not be applied directly to the shoulder. A towel between the ice bags and your skin is most helpful.

DRESSING: A soft dressing has been applied to your shoulder. This compression dressing should be comfortable and absorb any leakage of fluid and/or blood. Although the dressing may become moist or blood stained, this is not usually a cause for alarm. We have not experienced any hemorrhage or excessive bleeding in our patients. If your dressing does become saturated with blood, you may reinforce it with extra dressing material.

- The dressing may be removed in **seventy-two (72)** hours and **shower**, do not bathe. You may apply the appropriate number of band-aids after shower as needed.
- Leave the dressing on until you return to the office. Do not get wet.

WOUNDS: The small points of entry may be sore and develop bruising over the next several days. This bruising will eventually disappear and does not require special care.

PAIN: You will receive a prescription for pain medication. It should be taken only as necessary. Please inform us of any known **DRUG ALLERGY**. If there is any reaction, discontinue the medication and inform our office. The application of an ice pack will decrease the swelling and discomfort in the first forty-eight hours. Please do not use aspirin, as it may increase bleeding in the first few days.

The sensation of “sloshing” of fluid in the joint is not cause for concern. It represents residual fluid from surgery that will absorb.

ACTIVITY: A sling will be necessary for comfort in the first week following surgery. If you had a block in your shoulder wear the sling until all the sensation returns. You may move your shoulder joint, **unless instructed otherwise by your surgeon.**

Using your shoulder will decrease the swelling. Avoid overuse. Opening and closing your hand completely helps to decrease swelling – do 10 times per hour while awake.

EXERCISES: Do 10 times an hour while awake (100 per day) when instructed to do.

PENDULUM: Bend over and swing arm-shoulder in a circle, back and forth, and figure eights. Move the whole shoulder. (see reverse side for instructions)

ELBOW EXTENSIONS: Extend and bend elbow.

ARM LIFT: Relax your arm and let a family member lift arm.

NO BATHING, SWIMMING, SPA, LAKE, SOAKING OR SUBMERGING OPERATIVE SITE FOR 2 WEEKS OR UNTIL INCISION(S) HAVE HEALED.



POST OPERATIVE PATIENT INFORMATION

Operation of the Shoulder

PENDULUM EXERCISE

The Pendulum exercise keeps your shoulder flexible and should be started as soon after surgery as possible. Your physician or therapist will tell you when you may start.

Here is how to do it:

1. Lean over with your good arm supported on a solid surface.
2. Relax the operative shoulder- arm letting it dangle straight down.
3. Slowly swing the operative arm in a circle, back and forth, and side to side. Be sure to move your shoulder joint not just the arm.

Do for at least 5 minutes per hour per day while awake.

