

Dr. Mattalino
Shoulder arthroscopy
Post-operative care instructions

You have had a general anesthetic today. For the next 24 hours observe the following.

ACTIVITIES:

1. Do not drive or operate hazardous machinery or power tools.
2. Do not drink alcoholic beverages.
3. Do not make important personal or business decisions or sign legal documents
4. Limit your activities and rest.

CARE OF THE SHOULDER:

Do not do any strenuous activities such as lifting, pushing, and pulling until cleared to do so.

SWELLING:

Swelling to some extent is expected, but can be decreased by:

1. Applying the provided ice pack to the knee for 20 minutes at a time 3-4 time per day. This will be most helpful in the 48 hours following surgery. A towel should be placed between the skin/dressing and the ice pack.
- 2.

PHYSICAL THERAPY:

A complete and speedy recovery is dependant on attending formal physical therapy. You will have your first therapy visit within 24 hour after surgery at a location pre determined prior to surgery. Your appointment has been made for you. Please check your appointment sheet provided to you by our surgery scheduler. Please note, if your surgery is on a Friday your first physical therapy appointment will be on Monday. Your first appointment will be approximately 1 hour. Please arrange transportation for your first visit.

SHOWER:

Do not shower, you can take a tub bath in you can keep the shoulder out of the water. No swimming or hot tub.

DRESSING:

Keep dressing clean and dry, your dressing will be changed in our office during your first physical therapy visit. If you experience a small amount of drainage or bleeding cover the top of the dressing with gauze dressing.

PAIN:

You may take Tylenol or other aspirin free product. Take prescription medications with a little food to prevent nausea. Pain medications may make you dizzy, it is wise to rest after taking them.

DIET:

Begin with clear liquids and progress to your normal diet.

FOLLOW UP APPOINTMENT:

Usually scheduled within 1 week after surgery. Made at the time surgery is scheduled, and will be written on the same page as your surgery date/time in the information packet we sent/gave to you prior to your surgery. If the post-op appointment is not yet made, please call *as soon as possible* to schedule an appointment.

DRIVING:

You may drive after 24 to 48 hours as long as you are not taking any pain medication.

Call our office as soon as possible @ 480-763-5950. If you experience the following symptoms.

These may be signs of an infection.

- Severe pain with fever greater than 102 degrees
- Limited range of motion
- Calf pain that is consistent and does not go away
- Trouble /pain with breathing/ chest pain/ shortness of breath