

**Post-Operative Surgery Instructions:
Arthroscopic Shoulder Surgery**

Immediately After Surgery in the Recovery Room:

1. After surgery you will be taken to the recovery room, where your family can meet you. You will have a **slings** on your operated arm. Usually an **abduction pillow** is needed to hold the arm up in the air away from the body.
2. You will have a cooling device on your shoulder. This is used on the operated shoulder are used to reduce pain and swelling.
3. It is OK to move your fingers, hand and elbow to increase circulation. If you have a shoulder nerve block, you may not be able to move your operated extremity.
4. The shoulder nerve block is used to decrease pain in your shoulder and wears off in about 6-24 hours. Start taking your pain medication as soon as you get home, and then as needed.
5. You will receive a prescription for pain medication for when you go home (this medication may make you constipated)

The Next Day After Surgery at Home:

1. The large dressing can be removed and a small bandage applied. You will see small band-aids/pieces of tape called steri-strips covering the incision, they should remain on and eventually will fall off on their own.
2. Remove the sling several times a day to gently move the arm to do **Pendulum exercises**. To do this, lean forward and passively swing the arm in very small semi-circles. Lean over and do these pendulum exercises for 3 to 5 minutes three times a day. It is ok to remove the sling several times a day when sitting to move the elbow, wrist and hand.
3. It is OK to shower and get the wound wet. No soaking the wounds (no bath, pool, jacuzzi, etc). To wash under the operated arm, bend over at the waist and let the arm passively come away from the body. It is safe to wash under the arm in this position. This is the same position as the pendulum exercise.
4. Use the shoulder cooling device as necessary for 3-7 days. Cooling does help reduce pain, swelling, and inflammation. At some point you will notice it is not giving much relief any more, that is when it should be discontinued.

5. **DO NOT** lift your arm at the shoulder using your muscles.
6. Because of the need for your comfort and the protection of the repaired tendon, the sling is usually necessary for 4 to 6 weeks, unless otherwise instructed by your surgeon.
7. Sleeping can be very difficult, especially during the first week. Many patients find that sleeping in a recliner or sitting up in bed is beneficial.
8. Pain medication: As per office policy, we **DO NOT** call in medication refills after 5pm or on the weekend. Please let our office know during business hours when a refill is needed and we can call it in when appropriate.

OFFICE VISIT:

Please arrange to see Dr. Alpert in the office 5-10 days after surgery for suture removal and further instructions.

Physical Therapy will be set up on your first post-operative visit. An initial prescription is usually 2-3 times a week for 6 weeks. The total amount of Physical Therapy can last for up to 4-6 months.

If you have questions or concerns regarding your surgery or the rehabilitation protocol and exercises call **847-931-5300**.