

Shoulder Arthroscopy Post-Operative Instructions

Initial recovery after shoulder surgery entails healing, controlling swelling and discomfort and regaining some shoulder motion. The following instructions are intended as a guide to help you achieve these goals until your first postoperative visit which will be 2 weeks following your surgery. **Physical therapy will not begin until after your 2 week follow up visit.**

Medications

The following medications have been sent to your pharmacy:

- PAIN- Hydrocodone-acetaminophen 5-325mg (Norco): Take one tablet every 4-6 hours as needed for pain.
 - Begin taking the pain medication the evening following surgery.
 - In between doses you can take 600mg ibuprofen (Advil)
 - If you continue to have pain despite alternating Norco and Ibuprofen, you may take 2 Norco every 4 hours.
- NAUSEA- Ondansetron (Zofran) 4mg every 8 hours as needed.
- BLOOD CLOT PREVENTION- Aspirin 81mg twice daily for 6 weeks.
 - Begin the morning following surgery
 - If you have a history of DVT or blood clot, contact Dr. Cancienne's office.
- CONSTIPATION- Docusate (Colace) 100mg every 12 hours as needed.
- ANTIBIOTIC- Doxycycline Monohydrate 100mg twice daily for 2 weeks
 - Begin the morning following surgery.

Wound Care

- Keep the dressing on, clean and dry for the first 3 days after surgery.
- You can shower 3 days after surgery. Cover your incisions with waterproof bandaids while showering.
- You can keep your incisions covered or open to air when not showering.
- Tub bathing, swimming, and soaking of the shoulder should be avoided until 6 weeks following surgery.

Ice

We strongly recommend icing as much as possible for the first 2-3 weeks following surgery to better manage pain and swelling.

Ice/cold packs can be used 20 minutes on and 20 minutes off throughout the day.

Cold therapy units can be purchased through our DME office. These should be used as directed. You can use the compression option starting the day after surgery as tolerated by pain.

Please always be sure to have a layer between the ice pad and your skin. Check the skin regularly to ensure the cold is not causing injury to the skin.

Sling Use

- Your sling must be worn at all times until your follow up visit.
- You can remove your sling to shower and change your clothing. Avoid doing this until your nerve block wears off (24-48hr following surgery)
- When you remove your sling to bathe or change your clothes, you can let your arm hang down next to your body. You can flex and extend your wrist and elbow to avoid stiffness.
- You can adjust your sling straps to accommodate icing.
- You must wear your sling while sleeping. You can sleep in a bed or recliner, whichever you prefer.
- If you need your sling adjusted, or you have questions regarding your ice machine you can come to any of our DME locations.

Return to office

Your first post-operative visit will be about 2 weeks post-surgery. If you have not made an appointment, please call 708-492-5964.

Contact the office if any of the following occur:

- Excessive redness surrounding incisions with white or yellow drainage.
- Temperature greater than 101F
- Excessive bleeding through your dressings.

Contact information

Dr Cancienne's office

- P: 708-492-5964 F:708-409-5179
- Email: canciennepractice@rushortho.com
- Westchester - 2450 S Wolf Road Suite G, Westchester, IL
- Naperville - 55 Shuman Blvd Suite 700, Naperville, IL
- Joliet - 963 129th Infantry Dr. Suite 100, Joliet, IL

DME

- Chicago - 1611 W Harrison St. Suite 103, Chicago, IL - (312) 432-2482
- Westchester - 2450 S Wolf Road Suite G, Westchester, IL - (708) 273-8426
- Galewood - 1625 N Harlem Ave. Suite 2600, Chicago, IL - (312) 432-2550
- Munster - 9200 Calumet Ave. Suite S300, Munster, IN - (708) 492-5450
- Oak Brook - 2011 York Road, Oak Brook, IL - (708) 492-5664
- Naperville - 55 Shuman Blvd Suite 178, Naperville, IL - (630) 339-2262
- Joliet - 963 129th Infantry Dr. Suite 100, Joliet, IL - (708) 492-5920