

**DANTON S. DUNGY, M.D.**

The Dungy Orthopedic Center  
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SHOULDER SURGERY POST-OPERATIVE INSTRUCTIONS

Patient:

Please read these instructions carefully – they will answer many of your questions

- 1) You may resume your usual diet. Drink plenty of fluids.
- 2) Avoid doing too much for the first day or two.
- 3) The large bandages may be removed in two (2) days. Leave the small pieces of white tape (Steri-Strips) across the incisions. Replace the bandages with gauze over the surgical incision.
- 4) It is normal to have swelling and discomfort in the shoulder for several days or a week after arthroscopy.
- 5) Plan to take today and tomorrow off work/school/usual routine. You may resume work when the pain and swelling subsides (this can be a week or more, depending on the type of work you do, and the procedure that was done for your shoulder).
- 6) Take your pain medication as directed to relieve the pain. If your pain is less severe and you don't have allergies to any of the following medications you may substitute Extra-Strength Tylenol, Advil, Motrin, or Aleve. These should be taken with meals.
- 7) Apply ice packs (not heat) to the shoulder for the first several days. I recommend for about 20 minutes every couple of hours, while awake. This will help reduce the pain and swelling. Always place a towel or cloth between the skin and ice to prevent skin injury.
- 8) You may shower after two (2) days. Pat wound dry, do not rub. Do not take a bath or swim until you see Dr. Dungy at your post-operative appointment.
- 9) Avoid athletics for several weeks after arthroscopy (until you have full motion and no pain). Dr. Dungy will let you know when it is safe to begin exercising.
- 10) Sometimes your shoulder remains painful and swollen for several weeks, depending upon the problem you have and the amount of surgery that was done. Please call if you have excessive symptoms, especially fever after the first day or two, redness, or drainage from the shoulder, and/or numbness, tingling, or discoloration of the arm. It is normal to have bruising around your shoulder, upper arm and elbow.
- 11) Sling/immobilizer  At all times, except personal hygiene  
 Only for comfort for about 2 to 5 days as needed  
 Other \_\_\_\_\_

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- 12) Use a dry wash cloth in your armpit to prevent moisture development while wearing the sling/immobilizer.
- 13) You may be more comfortable sleeping in a semi-sitting position (example: recliner, La-z-boy).
- 14) When sitting or laying down, consider placing a rolled towel or pillow behind your elbow for support.

REHABILITATION AFTER ARTHROSCOPIC SHOULDER SURGERY

This is a guideline for your rehabilitation after arthroscopic shoulder surgery. You may vary in your ability to do these exercises and to progress to full resumption of your previous activity. Please call Dr. Dungy if you have a problem with your shoulder or if you need clarification of these instructions.

Goals

- 1) Protect function.
- 2) Prevent loss of motion.
- 3) Maintain muscle strength.

Physical Activity

- You do not have limitations regarding physical activity.
- You do have limitations regarding physical activity and should start physical therapy this week. The recovery room nurse should have provided you with a prescription. If not, call Dr. Dungy's office.