



DUNGY ORTHOPEDIC CENTER

### **Shoulder Surgery Post-Operative Instructions**

1. You may resume your usual diet. Drink plenty of fluids.
2. Avoid doing too much for the first day or two.
3. It is normal to have swelling and discomfort in the shoulder for several days or a week after arthroscopy.
4. 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.
5. If you have pain, take your prescription medication as directed. 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.
6. Apply ice packs (not heat) to the shoulder for the first several days. Typically, about 20 minutes every couple of hours while awake helps to decrease pain and swelling. This will help reduce the pain and swelling. Always place a towel or cloth between the skin and ice to prevent skin injury. Elevation of your knee is helpful when resting.
7. Shower daily allowing your incision to be cleaned. Pat it dry. Do not soak your wound in water such as a tub, pool, whirlpool, or hot tub until 3 weeks post-op.
8. Avoid athletics for several weeks after arthroscopy (until you have full range of motion and no pain). Dr. Dungy will let you know when it is safe to begin exercising.
9. Based on the problem you have and the type of surgery that was done, your shoulder may remain painful and swollen for several weeks. It is normal to have bruising around your shoulder, upper arm and elbow. However, if you have excessive symptoms, especially fever after the first day or two, redness, drainage, numbness, tingling, or discoloration of the arm, please call us.
10. Sling/ Immobilizer
  - At all times, except personal hygiene.
  - Only for comfort for about 2 to 5 days as needed.
  - Other \_\_\_\_\_



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11. Use a dry washcloth in your armpit to prevent moisture development while wearing the sling/immobilizer.
12. You may be more comfortable sleeping in a semi-sitting position (recliner, La-Z-Boy).
13. When sitting or lying 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 will provide you with a prescription for physical therapy. If not, call Dr. Dungy's office.