

Dr. Labovitch's Shoulder Arthroscopy Post-Op Instructions

1. Immediate Post-op:

- Wear the brace or sling at all times except when taking a shower (unless told otherwise)
- Ice for the 20 minutes every couple of hours for the first 2-3 days (**DO NOT PLACE ICE DIRECTLY ON THE SKIN. THIS CAN CAUSE SKIN BURNS THAT CAN BE PERMANENT AND CAUSE A WOUND INFECTION**)
- If you are using a cold therapy machine, **DO NOT PLACE THE WRAP DIRECTLY AGAINST THE SKIN. THIS CAN CAUSE SKIN BURNS THAT CAN BE PERMANENT AND CAUSE A WOUND INFECTION**
- **Weight Bearing Status:**
 - ___ Weight bear as tolerated
 - ___ Partial Weight Bearing
 - ___ Non- Weight bearing for ___ day's ___ weeks
 - Other: _____

2. Pain Medication:

- **Expect your pain to be the worst for the first 3 days after surgery**
- Stay on top of you pain by taking your medication as prescribed
- If you have been given a **nerve block**, you may be pain free or comfortable for 12-24 hours. When the block begins to wear off, your pain will increase quickly
- Use **Vistaril** to help with nausea and/or uncontrolled pain
- Wean off your medication when your pain decreases
- It is ok to start NSAIDS (ibuprofen, Motrin, Advil) 48 hours after surgery (unless instructed not to do so by Dr. Labovitch or your primary care doctor)
- **CONSTIPATION**: Narcotic pain medication can cause constipation. You may use a stool softener (Colace or Dulcolax). Both are sold over-the-counter.

3. Dressing/Wound:

- Take down dressing 72 hours after surgery
- Place a band aid or dry dressing over the wounds
- **SHOWERS** are allowed 72 hours after surgery
- **NO baths, Jacuzzi, or Sauna for 4 weeks after surgery**
- **Do not** place any gels or ointments on or around the wound



4. Recommended Activities:

- ____ Do not move your shoulder (When taking a shower, let the arm hang at your side and keep your hand next to your abdomen)
- ____ It is ok to move your shoulder as much as your pain will allow
- **It is recommended** to move your elbow, wrist, and fingers

Other: _____

5. Nutrition and Sleep:

- It is very important to have a well balanced diet before and after surgery. This will help with proper wound healing and decrease the chance for complications.
- **DO NOT DRINK ALCOHOL WHILE ON NARCOTIC PAIN MEDICATION.** Please limit your intake of alcohol before and after surgery. This will help with proper wound healing and decrease the chance for complications.
- **DO NOT SMOKE TOBACCO OR ANY OTHER INHALED SUBSTANCES AS THIS IS A KNOW RISK FACTOR FOR COMPLICATIONS (ESPECIALLY WOUND COMPLICATION, INFECTION, AND DECREASED BONE HEALING)**
- Adequate **sleep** is important. This will help with proper wound healing and decrease the chance for complications.

6. WHAT TO WATCH OUT FOR:

- **PAIN** not controlled by your medication
- Persistent **Drainage** coming out of the wounds
- **Fevers** greater than 100.5 lasting greater than 12 hours

7. Phone numbers and Website:

- **949-720-1944** (during normal business hours)
- **949-720-1944** (after hours)
- **www.ryanslabovitchmd.com** (patient education button)

