



## 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
- 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**
- 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.
- Stay on top of your pain by taking your medication as prescribed
- If you are given pain medication at your pre-op visit -Percocet or Norco include Tylenol in them, you may take the prescribed medication OR Tylenol for pain. Do NOT take together.
- NSAIDs (such as Advil, Motrin, Ibuprofen) may be taken 24 hours after surgery and can be taken with the prescribed pain medication OR Tylenol.
- If prescribed, **Vistaril** can help with nausea, itching, rash, and uncontrolled pain
- Wean off your medication when your pain decreases
- **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 3 weeks after surgery**
- **Do not** place any gels or ointments on or around the wounds

#### 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. No lifting anything heavier than a cell phone. It is ok to type.

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 KNOWN 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:

- **949-520-1012** (during normal business hours)
- **949-520-1012** (after hours)
- **[www.ryanslabovitchmd.com](http://www.ryanslabovitchmd.com)** (patient education button)