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POSTOPERATIVE INSTRUCTIONS - SHOULDER ARTHROSCOPY FROZEN SHOULDER

SLING/MOVEMENT

Move your shoulder as soon as you feel comfortable. There was no repair performed in your shoulder, thus there are no restrictions to range of motion of your shoulder. You are encouraged to move your shoulder immediately after surgery. You should also flex and extend your elbow 3 to 4 times a day, to prevent stiffness. Your sling is only needed for comfort.

ICE

Please use ice packs over the surgical site regularly for 15-20 minutes at a time every 3 hours. While icing, try to keep the shoulder elevated on some pillows.

MEDICATIONS

Nearly all patients will receive a nerve block for anesthesia, it will wear off over 18-24 hours. During this time, you will have little to no feeling in the body part where you had surgery (i.e. the arm). To control your pain during this transition while the nerve block is wearing off, you are to eat first and then begin taking the **pain medication** (Percocet, Norco). The pain medication can be taken 1-2 pills every 4-6 hours. Pain medication can cause constipation, you may take miralax once a day over the counter. You may also take Colace 100mg 1-2x/day. You can supplement your pain medication with an anti-inflammatory (e.g. Naproxen) – this will help you wean from the narcotic pain medication.

A **sleeping medication** (e.g. Ambien or Benadryl) is also provided to help you sleep at night. Take one tablet 15-30 minutes before you plan to sleep. You have also been prescribed ondansetron for nausea as needed.

DRESSING/BANDAGES

You may remove the large dressing on your shoulder and place band-aids over the incisions on the second post-operative day. The dressing on your arm should remain on until your post-operative visit. Please keep the incisions clean and dry. It is ok to shower after the shoulder dressing is changed to band-aids. Do not take a bath or submerge your shoulder in water until your incisions are checked at your first post-operative visit.

TEMPERATURE

It is normal to have an elevated temperature during the first 2-3 days post-operatively. Please call our office if your temperature is above 101°F, if there is increased redness around the incision sites, or if there is increased drainage from the incisions.

APPOINTMENT

It is likely that our practice coordinator has already scheduled a post-operative visit for you. This should occur 7-10 days after surgery. At that visit your sutures will be removed, and you will be given a prescription for physical therapy.

If you need anything, the easiest way to us is to call 818-703-3333 or utilize the “Contact Us” tab on laorthos.com.