

SHOULDER ARTHROSCOPY WITH MINI-ROTATOR CUFF REPAIR

Procedure: _____ Date: _____

ANESTHESIA

General Spinal Sedation Local Block _____

- You have received sedation; rest and relax the day of surgery. Please be aware of possible dizziness and exercise caution when you are standing. A responsible adult must be with the patient for 24 hours following surgery for safety and fall prevention.
- Begin with liquids, and advance diet as tolerated; avoid greasy and spicy foods.
- No important decisions or signing of legal documents for 24 hours. Do not operate power machinery.
- Do not drive for 24 hours following surgery or while taking narcotic pain medications.
- No alcoholic beverages for 24 hours, or while taking narcotics.
- If you are unable to urinate, feel uncomfortable, and it has been 8-10 hours since you last urinated, go to an urgent care or the ER.
- If you had a block, be sure to start your oral pain medication before it begins to wear off.

****Call 911 or go to the nearest ER if you experience chest pain or shortness of breath**

Report to your Surgeon or visit our Twin Cities Orthopedics Urgent Care in Waconia or Edina (Daily 8am-8pm) for any of the following:

- Fever over 101°F lasting more than 24 hours
- Foul drainage, redness, or warmth at the operative site
- Large amount of bleeding or drainage
- Severe and uncontrolled pain
- Persistent nausea or vomiting
- Hives, rash or intolerance (Stop medications)

POST-OP SHOULDER SUPPORT

Use abduction sling at all times, day and night. You may remove the sling for up to 45-60 minutes to bathe or for exercises. During that time, you may bring the arm completely down to the side.

SLEEPING

Shoulder patients frequently sleep more comfortably in a recliner or propped up on several pillows in a semi-sitting position. This is commonly noted for approximately four weeks following surgery. You may sleep flat on your back when comfortable.

DRESSING

Change dressing daily beginning second day post-op. Please leave the steri strips in place if possible. Re-dress with light gauze covering. You may leave the wound uncovered when dry if you wish. Be alert for signs of possible infection: redness, swelling, heat, red streaks or elevated temperature (over 101°F). Contact your doctor if any of these occur.

PAIN CONTROL

- Apply ice to the surgical area to reduce swelling and pain for 24-72 hours following the procedure. Do not place ice directly on skin or it may cause a burn. Wrap a towel around an ice pack and apply to the surgical site for no more than 20 minutes at a time.
- **HYDROCODONE** (Norco) five mgs with **ACETAMINOPHEN** 325 mg: one to two tablets every four to six hours as needed for pain. (Maximum twelve tablets per day)
- **IBUPROFEN** (Motrin): 400 mgs every six hours for the first seven days along with the pain medication then 400 mgs every six hours as needed for pain. Do not use ibuprofen if you have history of an ulcer or bleeding problems.
- Call the clinic for pain prescription refills. Prescription refills are not filled over the weekend or after hours.
- **DO NOT DRIVE WHILE TAKING NARCOTIC PAIN MEDICATIONS** and until instructed by your physician.
- Avoid constipation; take Colace (docusate sodium) 100 mg. 1-2 times daily as needed while taking narcotics.

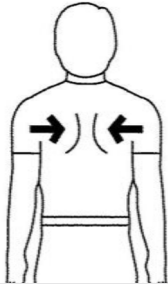
DOCTOR'S POST-OPERATIVE APPOINTMENT

Please call (952) 442-2163 to make your appointment two weeks post-op.

EXERCISE

You may begin shoulder mobility exercises day two post-op. Descriptions and illustrations of your exercises are below.

SHOULDER BLADE SQUEEZES



1. Stand with arms at sides.
2. Squeeze both shoulder blades together.
3. Relax and repeat.

Recommendations:

- Perform 3 sets of 20 repetitions, three times a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

SHOULDER PENDULUM



1. Lean over table as shown, supported by uninvolved arm.
2. Allow involved arm to hang freely.
3. Use trunk movement to swing arm in circles, side to side, and front to back, as shown.
4. Perform 3 sets of 20 repetitions, three times a day.

Recommendations:

- Rest 1 minute between sets.

OTHER INSTRUCTIONS

Nurse: _____ Responsible Adult: _____