

## SHOULDER ARTHROSCOPY WITH REGENTEN BIOINDUCTIVE IMPLANT

Procedure Name: \_\_\_\_\_

Date: \_\_\_\_\_

Anesthesia:  General  Sedation  Block \_\_\_\_\_

- You have received sedation; rest and relax the day of surgery. Please be aware of possible dizziness and exercise caution when you are up. **A responsible adult must be with the patient for 24 hours following surgery for safety and falls 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.
- Nerve Block** If you have had a nerve block, be sure to start taking your pain medication as you feel sensation returning to your operative extremity. Typically, a nerve block will last between 8-24 hours from the time of injection. Notify your surgeon if the nerve block lasts more than 48 hours. Do not use your operative extremity until the nerve block has worn off.

**\*\*In the event of a medical emergency, dial 911 or go to the nearest emergency department**

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

- Fever over 101 degrees for 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)
- Redness, warmth, and extreme pain in the calf

### POST-OP SHOULDER SUPPORT

- Always use a sling, day and night until your follow-up doctor visit in 1-2 weeks. You may remove the sling to bathe or for exercises.

### SLEEPING

- After your shoulder surgery, you may sleep more easily in a recliner or propped up on several pillows in a semi-sitting position. This is commonly noted for 4 weeks week following surgery. You may sleep flat on your back when you feel comfortable.

### DRESSING

- Change dressing daily beginning 2nd day post-op. Please leave steri-strips in place if possible. Redress incisions with band aids. 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 degrees 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 per hour.**
- Call the clinic for pain prescription refills. Prescription refills are not filled over the weekend or after hours.

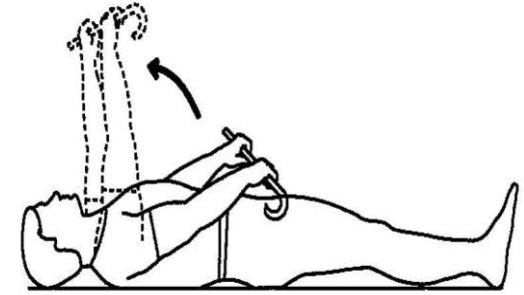
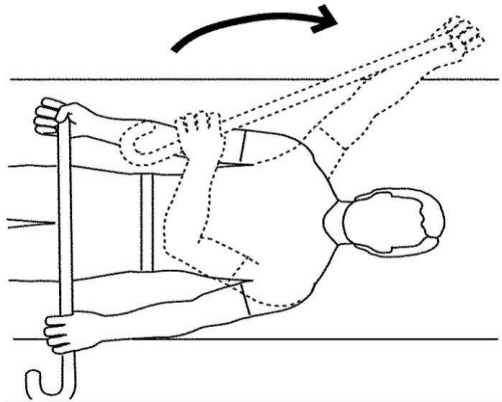
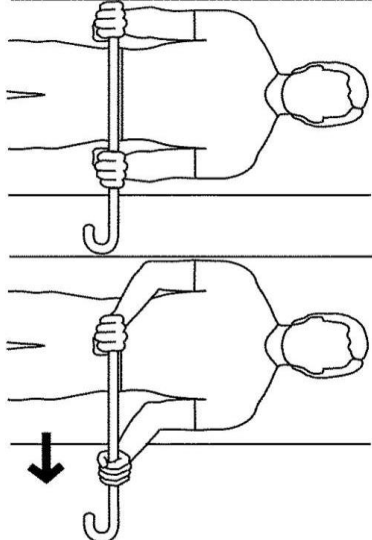
- DO NOT DRIVE WHILE TAKING NARCOTIC PAIN MEDICATIONS and until instructed by your physician.

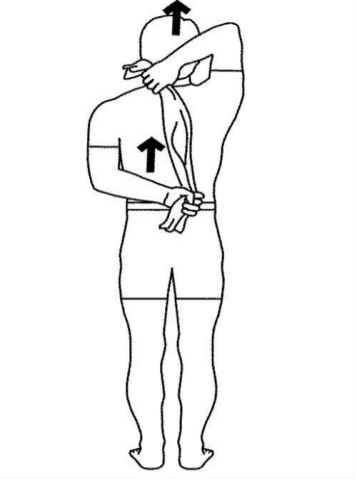
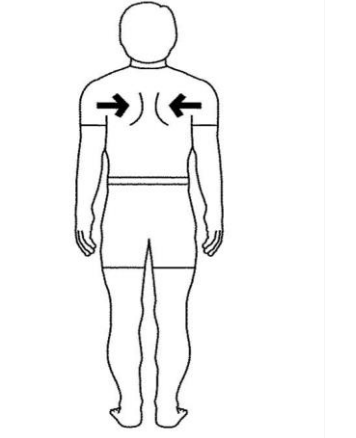
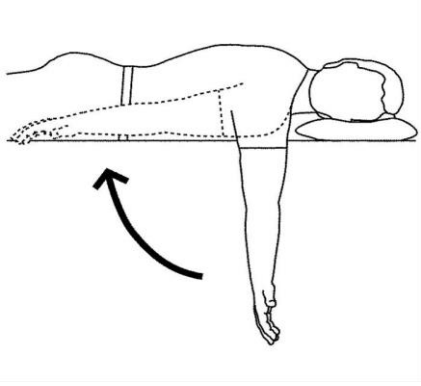
**DOCTOR'S POST-OPERATIVE APPOINTMENT**

- Please call (952) 442-2163 to make post-op appointment for 10-14 days post-op.

**EXERCISES**

- You may begin shoulder mobility exercises day 2 post-op. Exercises should be done 3 times a day. (See over).

<p><b>Shoulder flexion</b></p>	<ul style="list-style-type: none"> <li>• Lie on back with arms at side, holding cane</li> <li>• Lift arms u pushing uninvolved arm to help involved arm.</li> <li>• Keep elbows straight</li> <li>• Lowe rand repeat</li> </ul> <p><b>Perform 3 sets of 10 repetitions, three times a day</b></p> <ul style="list-style-type: none"> <li>• Use cane</li> <li>• Rest 1 minute between sets</li> <li>• Perform 1 repetition every 4 seconds</li> </ul>	
<p><b>Shoulder abduction</b></p>	<ul style="list-style-type: none"> <li>• Lie on back</li> <li>Hold cane in both hands, palms up, arms at side, elbows straight</li> <li>• Use uninvolved arm to help raise involved arm up and away from side through available range as shown</li> <li>• Return to starting position.</li> </ul> <p><b>Perform 3 sets of 10 repetitions, three times a day.</b></p> <ul style="list-style-type: none"> <li>• Use Cane.</li> <li>• Rest 1 minute between sets</li> <li>• Perform 1 repetition every 4 seconds.</li> </ul>	
<p><b>Shoulder external rotation with cane</b></p>	<ul style="list-style-type: none"> <li>• Lie on back with arms at side, elbows bent.</li> <li>• Hold cane in hands as shown.</li> <li>• Rotate involved arm away from body, pushing with the cane as needed with the uninvolved arm.</li> <li>• Return to start position.</li> </ul> <p><b>Special Instructions:</b> Keep arms at side.</p> <p><b>Perform 3 sets of 10 Repetitions, three times a day.</b> Use Cane.</p>	

	<p>Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	
<p><b>Internal rotation stretch with towel</b></p>	<ul style="list-style-type: none"> <li>Place involved arm behind back as far as possible.</li> <li>Hold other arm over shoulder with towel as shown.</li> <li>Grasp towel with involved arm.</li> <li>Slowly pull upward with uninvolved arm until a gentle stretch is felt.</li> <li>Hold, relax and repeat.</li> </ul> <p><b>Perform 1 set of 10 Repetitions, three times a day.</b></p> <ul style="list-style-type: none"> <li>Use Towel.</li> <li>Hold exercise for 20 Seconds.</li> </ul>	 <p>A line drawing of a person from the back, standing. The right arm is raised and bent behind the back, with the hand holding a towel. The left arm is also raised and bent, with the hand holding the other end of the towel behind the right arm. Two upward-pointing arrows indicate the direction of the stretch.</p>
<p><b>Shoulder blade squeezes</b></p>	<ul style="list-style-type: none"> <li>Stand with arms at sides.</li> <li>Squeeze both shoulder blades together.</li> <li>Relax and repeat.</li> </ul> <p><b>Perform 3 sets of 10 Repetitions, three times a day.</b></p> <ul style="list-style-type: none"> <li>Rest 1 Minute between sets.</li> <li>Perform 1 repetition every 4 Seconds.</li> </ul>	 <p>A line drawing of a person from the back, standing. Two arrows point inward from the shoulder blades towards the spine, indicating the direction of the squeeze.</p>
<p><b>Shoulder extension</b></p>	<ul style="list-style-type: none"> <li>Lie on stomach, involved arm down, thumb outward.</li> <li>Keep elbow straight, and lift arm up to trunk level as shown.</li> <li>Return to start position.</li> </ul> <p><b>Perform 3 sets of 10 Repetitions, three times a day.</b></p> <ul style="list-style-type: none"> <li>Rest 1 Minute between sets.</li> <li>Perform 1 repetition every 4 Seconds.</li> </ul>	 <p>A line drawing of a person lying on their stomach. The right arm is extended straight down. A curved arrow indicates the arm being lifted up towards the trunk level.</p>

Other Instructions:

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Nurse \_\_\_\_\_

Patient/Responsible Adult \_\_\_\_\_