



TWIN CITIES ORTHOPEDICS

Post-Operative Instructions for Shoulder Arthroscopy Without Rotator Cuff Repair

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What To Expect After Surgery

- After surgery, it is normal for your hand and fingers to continue to be numb for a period of time due to the local medication used at the time of surgery. You should begin to take the pain medication given to you, with food and on a schedule, before you regain feeling in your upper extremity. Pain after the local medications wear off is expected. After the first 48 hours, the pain medication can be used as needed. Please do not operate heavy machinery, drink alcohol or drive while using narcotic pain medication.
- You may use ICE to the shoulder, as needed, but do not apply ice directly against the skin.
- You will have a sling to help support your arm while it is still numb. The sling may be used for comfort until your first post-surgery appointment.
- It is normal to have positional discomfort at night. Some patients find it easier to sleep in an up-right position using pillows, or sleeping in a recliner for comfort at night.
- There will be a dressing on your shoulder which can be removed the 2nd day after surgery. It is normal to have a large amount of blood-tinged fluid on the dressing. The shoulder is filled with fluid during the surgery and therefore, it is normal to have continued drainage which will gradually slow.
- There will be small stitches or white paper strips called steri-strips over your incisions, please leave them in place until your first post-surgery appointment. After the dressing is removed, incisions may be covered by band-aids for comfort. Keep incisions clean and dry. You may shower with incisions covered. Please avoid soaking the incisions in a bathtub, pool or hot tub until seen back.
- Your first appointment for evaluation after surgery should be about 2 weeks from surgery. **If you don't already have an appointment in place, please call Dr. Meyer's care team at 651-351-2639.**

What Can I Do Safely With My Shoulder?

We advise that you avoid any heavy lifting activities until you are seen after surgery. If you work a heavy labor job, you may need restrictions for a period of time. We can address this at your regular appointment. You may lift light objects. As a general rule, nothing heavier than a coffee cup until your first post-op appointment. You can progress your shoulder activity as tolerated. Specific activity questions should be directed back to your provider.

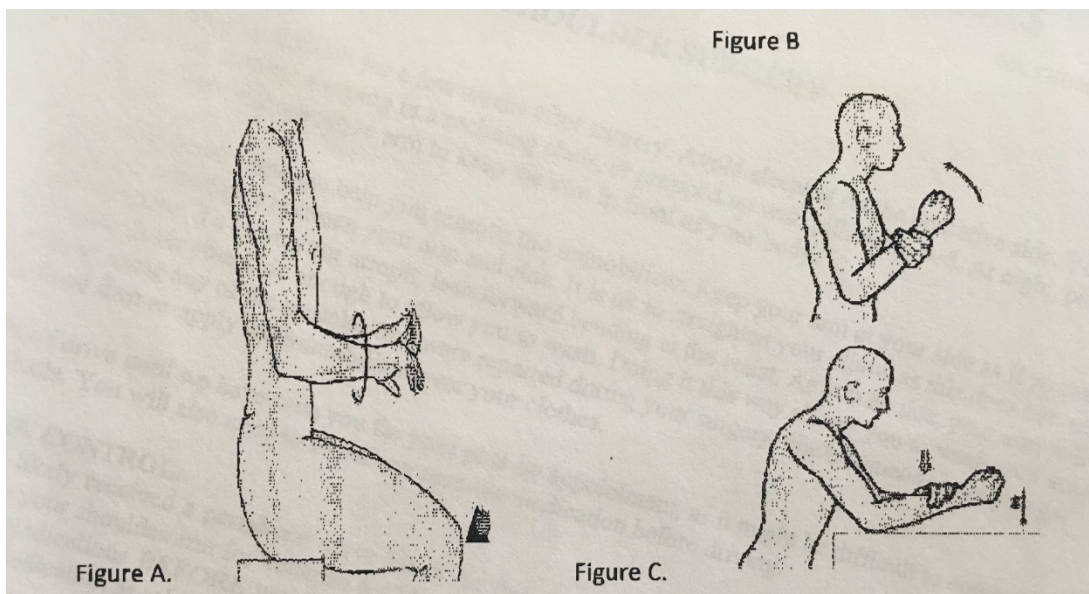
When Should I Call My Surgeon?

- Pain is not controlled by pain medication or pain and numbness getting progressively more severe, including minimal use of fingers.
- Increased redness or drainage noted about the incision
- Fever over 101 degrees.
- Prolonged nausea or vomiting, difficulty voiding, or side effects from pain medications.

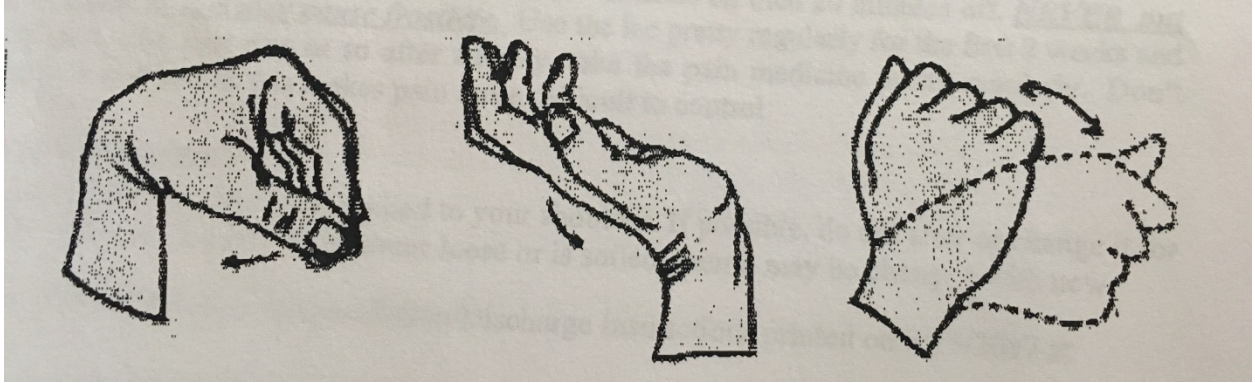
If any of these items occur or you have any questions about your symptoms, please call Dr. Meyer's care team at 651-351-2639.

Elbow and Wrist Exercises

Working on very gentle range of motion exercises after surgery will help improve your range of motion and decrease swelling and edema. We recommend that you start slowly and gradually increase to perform these exercises 4-5 times a day, 5-10 repetitions each. We can discuss the need for possible outpatient physical therapy at the first appointment after surgery based on your activity level and progress.



- Figure A: Rotate forearm towards your body and away from your body.
- Figure B: Flex lower arm up towards your chest.
- Figure C: Extend lower arm until arm is straight.



- Move the wrist into flexion, extension and side to side.

Shoulder Exercises



- Hold on to a firm surface, like a table and flex at the waist to 90 degrees allowing the surgical arm to dangle.
- Slowly use the upper body to swing the arm first forward and back and then in a circle.
- Gradually increase the duration of the swing, as well as the distance as tolerated.