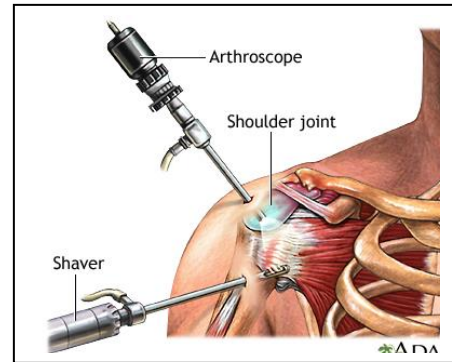




SHOULDER SCOPE POST-OPERATIVE **INSTRUCTIONS**



What to expect after surgery:

- Swelling and stiffness are to be expected
- Pain is to be expected. Take your medication as directed
- Weakness from surgery. Your body is using energy to try and heal after surgery

Shoulder precautions:

- Wear your protective sling as directed by your physician
- Wear your protective sling while sleeping if instructed by your physician
- You do need to work on elbow range of motion to prevent stiff elbow – this should start the day of your surgery
- **If your rotator cuff or labrum was repaired:**
 - You are not to move your shoulder
 - Elbow motion is key – start this the day of surgery
 - Work on wrist and hand motion as well
 - Maintain your sling as instructed
- **If no rotator cuff or labral repair was performed:**
 - You can move your shoulder when your pain allows
 - Elbow motion is key – start this the day of surgery
 - Work on wrist and hand motion as well
 - You have no restrictions as far a shoulder motion

Driving:

- No driving until you have been released by your physician.
- DO NOT drive while taking any kind of pain medication or muscle relaxers
- You may be a passenger in a car

Incision Care:

- There will be a dressing placed over your shoulder after surgery. You may remove the dressing completely the second day after your surgery. It is ok to shower once the dressing is remove. Recover the incisions with bandaids after showering
- NO soaking the incision in water until instructed by your physician
- DO NOT allow pets near or around your incision until completely healed
- You may shower but DO NOT soak your incision. You may gently wash with soap and water
- No lotions, oils, or peroxide on the incision until instructed.
- Wear lose fitting clothes to avoid irritation

NO smoking:

- DO NOT smoke as it does delay the healing process and drastically increased your risk of infection

WORK:

- Your physician will determine this for you and instruct you when you may return

MEDICATION:

- You may resume your regular medications unless otherwise advised by hospital or physician
- You will usually be provided with an appropriate pain medication after surgery. Please take this as directed as you are limited to refills.
- Do not take pain medicine on empty stomach
- Do not drink while taking pain medication
- Once your pain starts to decrease you may switch to just Tylenol then no medication at all

Follow-up Appointment:

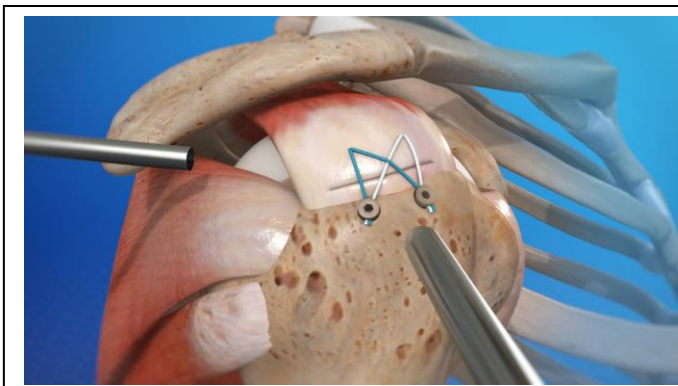
- The hospital should make your follow up appointment for you. If they do not do this for you then you may call our office at 931-815-2663 for your appointment.

Call our office at any time if you have problems such as:

- A fever that persist over 6 hours
- Side effects from your pain medication such as: vomiting, rash, chills, fever, or burning in your stomach
- Increased swelling or redness of the incision
- Drainage or separation of your incision

Go to the nearest emergency room if:

- You become short of breath
- Have chest pain
- Cough up blood



ROTATOR CUFF REPAIR



LABRUM REPAIR