



MIDJERSEY
ORTHOPAEDICS
LIVE LIFE BETTER.

Information After Standard Shoulder Arthroscopy (No Immobilization Necessary)

Arthroscopic Subacromial Decompression • Removal of Calcification • Arthroscopic Distal Clavicle Excision
• Removal Torn Cartilage or Debridement

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DIET

You may resume a normal diet.

ACTIVITY

1. You may get out of bed and do your daily activities as tolerated. Use the sling attached to the cryocuff only as needed. We encourage you to begin light activities with the operated arm as tolerated.
2. You may drive as soon as tolerated. Driving is not recommended if you are taking a pain medication which may make you drowsy.

PAIN

1. The first few nights after surgery it is often more comfortable to sleep in a slightly upright position, such as in a reclining chair or propped up on pillows on a couch.
2. You will be given a prescription for narcotic pain medication which may make you drowsy. Do not drive or operate machinery while taking this medication.
3. Be sure to take the Celebrex twice a day for five days, starting on the morning of surgery with a sip of water. This greatly decreases the initial inflammation and pain of surgery (see separate handout). If you are unable to take Celebrex or it is unavailable you may take over the counter anti-inflammatory medication (i.e. Aleve, ibuprofen) after surgery.
4. Pain should begin to gradually subside a few days after surgery. An increase in pain may indicate that you are being too active with your shoulder and you may need to decrease your activity level.
5. A blue CryoCuff is placed on your shoulder at the time of surgery to provide compression and cooling to the shoulder beginning immediately after surgery. You should continue to use this device at home after surgery to relieve pain. Please read and follow the instructions enclosed with the CryoCuff.
6. You may place an ice bag on top of the shoulder if desired. This often helps with any pain or swelling. Use the ice for 15 to 20 minutes at a time.

WOUND CARE

1. You may remove the bulky dressing the day after surgery. Place Band-Aids over the 2-4 small incisions. It is OK to shower the next day, but do not take a bath.
2. The incisions may be sore and develop bruising over the next several days. The bruising eventually disappears and does not require any special care.
3. In the first week after surgery, do not apply creams or lotions to your incisions. After the sutures come out you can apply vitamin E to the incisions once a day which may decrease the scarring.

REHABILITATION

1. Start “pendulum” exercises the day after surgery: lean over and let your operated arm hang down, then rotate it clockwise and counter clockwise as tolerated. Do this as frequently as you can during the day.
2. If physical therapy is necessary, we will schedule appointments at your first post operative visit.

CALL YOUR SURGEON IF YOU HAVE ANY OF THE FOLLOWING

1. Temperature of 101.5 degrees or higher
2. Foul smelling drainage from the wounds
3. Chills
4. Pain not relieved by rest and pain medication
5. Redness around the incisions

RETURN VISIT

You will need to visit your surgeon about a week after surgery. The appointment is usually arranged before the surgery. You will probably receive a phone call from one of our nurses the day after your surgery to check on your progress. In addition, do not hesitate to call if any problems or questions arise before your appointment.