

## Shoulder Arthroscopy

You have been scheduled to have shoulder arthroscopy surgery. Here are some guidelines regarding your preoperative and postoperative care.

1. Prior to surgery, you may see a physician assistant (PA) or certified athletic trainer (ATC) in the clinic to instruct you on postoperative range of motion exercises. Not everybody will see a PA or ATC before surgery.
2. You may be scheduled for a preoperative evaluation by a medical doctor. At this appointment, the medical doctor will review your entire health history and medications to determine whether any testing is required prior to having surgery.
3. You will be scheduled for a postoperative appointment with Dr. Shook approximately five to ten days after surgery. At this follow-up visit, he will assess your wound, check and remove sutures if necessary and discuss the findings during surgery.
4. Please remember **do not** eat or drink anything after midnight on the day before surgery. You may be asked **not** to take certain medications around the time of surgery. These generally include blood thinning medication, such as aspirin, Plavix, warfarin and NSAIDs (i.e. Ibuprofen, naproxen). You **should** take certain medications on the morning of surgery with a small sip of water. These medications will be specifically discussed with you prior to surgery.

### General Postoperative Guidelines

1. Most patients are provided with a cooling pack on the day of surgery. You should use this over the affected area for 30 minutes at a time, six or seven times per day during the first 72 hours after surgery. After the first 72 hours, you should continue to use the cooling pack at least three to four times per day. It is important not to let the cooling pack directly touch your skin. Place a barrier such as a towel between the cooling pack and your skin. **Even if the cooling pack may not seem to be making the area cold, it is still helpful at decreasing your swelling and pain.**
2. If you are instructed to wear a sling after surgery, you will find that sleeping in a recliner chair may be easier and more comfortable than trying to sleep in bed. Most patients will generally sleep in a recliner for at least two weeks after shoulder surgery.
3. You will be given a list of postoperative instructions after surgery that includes some exercises that you should do starting as soon as possible after surgery. It is very important that you do these exercises in order to avoid postoperative stiffness, arm and hand swelling and blood clots.
4. Keep all dressings and incisions clean and dry. You will be given instructions after surgery to either change the dressing or leave it in place until you are seen by Dr. Shook.
5. Your ability to return to work includes many factors, such as the type of surgery done and the type of work that you do. It is generally recommended that you do not drive a motor vehicle during the time that you have been instructed to wear your sling. If you have any questions about specific activities, please discuss these with Dr. Shook or his assistants.
6. We do our best to control your pain after surgery. You will be given a prescription for pain medication after surgery. We recommend that you take this medication as prescribed. If you have any allergies to certain medications, please bring this to our attention prior to surgery. Also, you may be instructed to take an anti-inflammatory medication after surgery. This type of

medication may help reduce the amount of pain medication that you require after surgery.