

**NOI- NORTSHORE ORTHOPAEDIC INSTITUTE
SPORTS MEDICINE SERVICE**

POST OP ARTHROSCOPIC SHOULDER STABILIZATION INSTRUCTIONS

1. **Pain and swelling:** Expect a considerable amount of pain the first few days post-op. Take your prescribed pain medication for the first 2 days on a regular schedule, try not to hold off taking them because if your pain level becomes too high it may become more difficult to decrease. On day 3 decrease the frequency depending on your pain level. Although you will have pain it should be manageable. There may be a small amount of drainage at the surgery site the first few days, this is NORMAL and caused by the joint being filled with fluid during the surgery. The swelling will reside in 2-3 days.
2. **Wound care and dressing change.** Remove the dressing on post-op day #4. Leave the steri strips in place and the surgical site open to air.
3. **Sling:** Wear the sling at all times except when performing your home exercises.
4. **Home Exercises:** Please perform the following exercises 3-4 times per day (10 reps each):
 - Scapular tightening/retraction (Squeeze shoulder blades together)
 - Elbow/Hand/Wrist range of motion exercises
 - Grip strengthening (squeeze ball or sock in palm of hand)
5. **Showering:** If there is not fresh drainage at your surgical site, you may shower on post op day #4. Keep the area dry by using plastic wrap (press and seal works well). You may remove the sling to shower but keep a water resistant pillow under the elbow for support. Do not bathe or immerse the area for 6 weeks.
6. **NO ACTIVE LIFTING OF YOUR ARM:** Do not actively lift your surgical arm until cleared to do so.
7. **Game Ready (icing):** Icing and elevation are important to help control swelling and pain. You will receive your Game Ready machine from a rep that will bring it to your home. You can use your cooling unit constantly. Do not put the pad directly on the skin. You can use regular ice packs if you elect against the ice machine.
8. **Physical Therapy:** You will begin formal physical therapy after one of your post-op visits. Start time for physical therapy depends on the extent of damage repaired within your shoulder.
9. **Driving:** You are restricted from driving for 6 weeks after surgery (while you are in the sling). Please make accommodations as needed.
10. **Follow up:** Please call the office (312-664-6848) to follow up with Dr. Birmingham in 7-10 days.
11. **What to call for:**
 - a) Elevated temperature of 101.5F
 - b) redness along the incision
 - c) Poor pain control
 - c) calf pain
 - d) any other questions or concerns
 - e) emergency call after hrs Dr. Birmingham

Physician _____

Patient _____

Nurse _____

Date _____

MEDICATIONS: DR. BIRMINGHAM

1. OXYCONTIN (10MG)

- i) Take 1 tablets every 12 hours
- ii) Plan on using it for 2 days

2. NORCO (hydrocodone 10/325)

- i) Take 1-2 Norco every 4-6 hours, depending on the severity of pain
- ii) If pain is very severe- you may take sooner than 4 hours, but only up to 12 in a 24 hour period

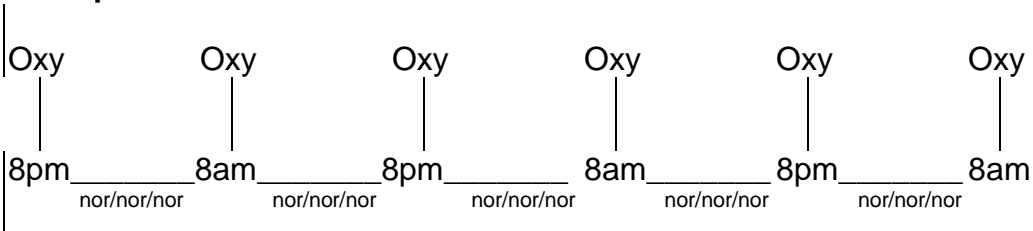
3. VOLTAREN (75MG)

- i) Anti-inflammatory. To be used twice per day, with breakfast and dinner, as needed for pain

4. ZOFRAN (8MG)

- i) Take as prescribed for nausea

Example:



Side effects of pain medications:

1. Constipation: take whatever works for you, including:
 - i) Prunes/prune juice
 - ii) Colace/pericolace (over the counter)
 - iii) Senekot (over the counter)
 - iv) High fiber diet if tolerated
2. Nausea:
 - i) Take pain medication on a full stomach
 - ii) Use Zofran as prescribed

* Your medications have been called into your pharmacy with the exception of Oxycontin and Norco, these will be given to you the day of surgery.