



SHOULDER ARTHROSCOPY RECOVERY INSTRUCTIONS

Congratulations on your surgically repaired shoulder! The following is a guide to help you during the recovery process. Please don't hesitate to call the office if there are any questions or concerns.

Pain Medicine:

- You will be sent home with a prescription for narcotic pain medication (oxycodone, hydrocodone, codeine).
- You may be given a prescription for Toradol (Ketorolac), an anti-inflammatory, for additional pain relief. Unfortunately, this prescription cannot be refilled.
- Once you have finished the Toradol prescription, you may start to take Ibuprofen (Advil or Motrin) up to 600mg three times daily to reduce pain and swelling. Do not take ibuprofen while taking the Toradol, as this can be toxic.
- In order to maximize pain management immediately after surgery, many patients choose to alternate the narcotic pain killer with the Toradol, at their prescribed frequencies.
- ***All pain medicine should be taken with food - never on an empty stomach.***

Regional Anesthesia:

- Your surgery will likely be performed under Regional Anesthesia (a "nerve block") in which the entire arm is anesthetized. It is likely that you will leave the surgicenter without pain.
- However, when the block wears off you may be in significant pain, and often this happens in the middle of the night. ***It can be very unpleasant to have the block wear off in the middle of the night, and it is very difficult to "catch up" with pain management at that point if you are behind on pain control measures.***
- In order to prepare for this, please consider the following recommendations:
 1. As soon as the block begins to wear off and/or at the first signs of pain, please start taking your pain medication.
 2. Prior to going to sleep consider taking your pain medication, even if you're not experiencing pain, yet.
 3. Set an alarm to wake yourself up 3 hours after going to sleep to reassess your pain, and take more pain medication if necessary.

Dressings:

- Please keep your dressings dry.
- It is possible to take a shower with the dressings on as long as they remain dry.
- You may remove your dressings 48 hours after surgery. You may cover your incisions with band-aids, or leave them open to air if they are dry.
- Please leave the "steri-strips" in place (the pieces of tape holding the incisions closed).
- You may shower once your incisions are completely dry, without any drainage (usually 72 hours after surgery).



Ice:

- An ice machine may be placed on your shoulder after surgery.
- For maximal pain management, you should ice your shoulder as much as possible, ideally 30 minutes every hour for the first few days. Repetitive icing will help reduce swelling and pain.

Activity/Sling Usage:

- You will be placed in a sling after surgery. You should remain in the sling at all times except for showering, and performing your exercises.
- You may use your hand & fingers only for light activities at waist level (i.e. typing, eating)
- You may be most comfortable sleeping semi-upright, such as in a recliner.
- On the day after surgery you should start performing shoulder exercises as detailed in this protocol.

Physical Therapy:

You may require formal Physical Therapy during your recovery. This will be determined during your first post-operative visit with your surgeon.

Follow Up:

After surgery, you will follow up with Dr. DiGiulio according to the following schedule:

- 1 week
- 6 weeks
- 3 months
- 6 months

Exercises:

See attached exercise sheet. You should perform your exercises TWICE DAILY, for 15 minutes.



Exercise 1 of 4

SHOULDER PENDULUM

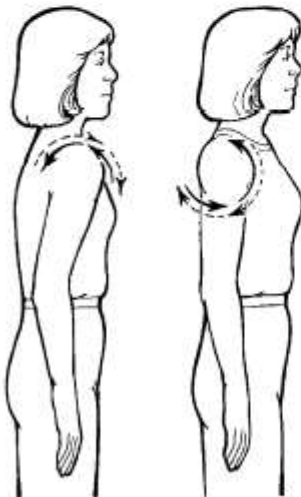
1. Assume position shown, letting arm hang relaxed
2. Sway your whole body slowly to move arm forward and backward. Do not let the arm tense up - use only your body movement to begin the motion
3. Repeat, with the arm moving side to side
4. Repeat, with the arm moving in circular patterns, clockwise and counterclockwise
5. 20 repetitions



Exercise 2 of 4

SHOULDER DEPRESSION

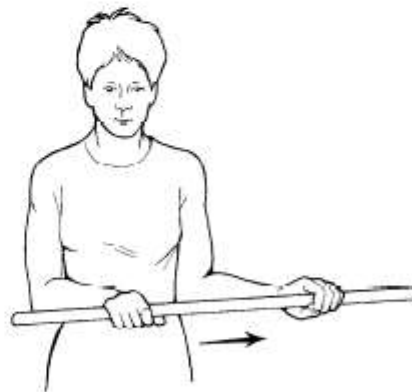
1. Sit or stand as shown
2. Try to press your shoulders downward
3. Hold 2 seconds
4. 15 repetitions



Exercise 3 of 4

SHOULDER CIRCLES

1. Begin with shoulders relaxed
2. Slowly rotate shoulders backward
3. Repeat rotating shoulders forward
4. 15 repetitions



Exercise 4 of 4

SHOULDER EXTERNAL ROTATION

1. Stand with elbows bent to 90 degrees, holding stick in front of you
2. Using stick for assistance, rotate your hand and forearm out away from your body
3. Do not allow your upper arm to move away from your body
4. Hold 2 seconds
5. 15 repetitions