

# DR. ELRASHIDY'S DISCHARGE INSTRUCTIONS

## SHOULDER ARTHROSCOPY

These instructions compliment the information given by the nursing staff and therapists

### Wound Care

- Keep dressings clean and dry. An appointment has been made for a dressing change visit with us, 1-2 days after surgery.
- You may shower, get incisions wet 3 days post-op. After shower, pat dry & place Band-Aids (or small dressings) at each site. If steri-strips are present, leave in place (for 10-14 days).
- **DO NOT SOAK** your shoulder (i.e pool, hot tub) until cleared by surgeon

### Pain and Swelling

- You will be given a cooling unit which helps **tremendously** with post-op pain /swelling.
- If no unit was dispensed, ice frequently. Cover shoulder with a thin sheet or towel & ice for 20 minutes, 4-5 times/day.
- Your nerve block should effectively control/minimize pain for 12-16 hrs post-op (2-3 days if a catheter was placed).
- Take pain meds as directed, wean as tolerated. Pain meds cause constipation, take with a stool softener such as Colace or Senekot.

### Weight-Bearing/Activity

- Wear sling at all times, including with sleep. It is ok to remove sling during PT, showers and getting dressed. Initially, it's often easier to sleep in a reclined position
- Dr. Elrashidy will review specifics on length of sling wear & any other restrictions, depending on procedure/s performed.
- Avoid lifting anything heavier than a coffee mug until cleared by your doctor or therapist.
- You may return to work/school as discussed with your doctor, usually when pain is tolerable. This will be between 5-10 days, perhaps longer depending on job requirements. Your sling should be in place at work for 4 weeks.

### Exercises

- PT has been prescribed, your 1st visit should be scheduled **7-10 days after surgery**. If not, please call our office to help schedule. Your therapists are a great resource. They'll review precautions, exercises, and help you progress for the next 3-4 months.

### POST-OP

- 1) Hand Pumps: Begin post-op. With arm in sling, squeeze foam ball (or open & close fist) 15 times. Rest & repeat, 4-5 times/day
  - 2) Elbow/wrist motion: Flex/extend wrist as tolerated. Remove sling (as tolerated) 2 times/day to work on elbow range of motion.
- \* See additional **Instruction Sheet** with **Exercises** to gradually begin in 1st week after surgery

### Emergencies

#### Contact the office or doctor on call if you note any of the following:

- Unrelenting or worsening pain, swelling, or numbness
- Fever/chills ( T > 101.5°). A low grade fever is common the first few days after surgery
- Redness or increasing warmth around incisions, continuous drainage/bleeding from incisions (small amount of drainage expected).
- Difficulty breathing or excessive nausea/vomiting

\*\*If you have an emergency that requires immediate attention, proceed to the nearest emergency room.

### Follow-up

- A dressing change visit is scheduled 1-2 days after surgery to remove post-op dressing and change to a smaller one
- You should have your first post-op visit at 10-14 days. If you don't have this scheduled, please call our office for assistance.
- No driving or operating heavy machinery while on narcotic pain medication!

Patient Signature \_\_\_\_\_ RN Signature \_\_\_\_\_

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