

PETER HONEY

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Hand & Upper Limb Surgery Knee & Sports Injury Surgery

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SHOULDER ARTHROSCOPY – Post Operative Instructions

Diet:

1. Begin with liquids and light foods such as jelly and soups.
2. Advance as tolerated to your regular diet if not nauseated.

First 24 hours:

1. Be in the care of a responsible adult.
2. Do not drive or operate machinery.
3. Do not make important personal or business decisions, or sign any legal documents.
4. Do not drink alcoholic beverages.
5. Your surgeon may have put long acting local anaesthetic in and around your wounds. If so it will wear off in 12-16 hours and your pain may increase. You may have some numbness until it wears off.

Activities:

1. Ice should be applied to the shoulder in a waterproof bag for 30 minutes each hour while awake for the first 48 hours.
2. Your doctor will advise you on sling or immobiliser use.
3. Do not engage in activities that increase your pain.
4. Return to work depends on you type of employment.

Exercise:

1. Begin exercises immediately for your arm and repeat hourly while awake:
 - Isometrics (tightening the arm and shoulder muscles)
 - Elbow straightening (may have to remove arm from sling)
 - Vigorous grasping (making a tight fist and opening the fingers all the way)
2. Your routine exercises generally will be discussed at your first post operative visit.

Wound care:

1. Maintain your post operative dressing. Some hand swelling if to be expected.
2. Keep the surgical incisions dry until you see your doctor.

Medications:

1. Strong oral narcotic pain medications have been prescribed for the first few days. Use only as directed. No pain medication is capable of taking away all the pain. Taking your pills at regular intervals will give you the best chance of having less pain.
2. If you need a refill please **plan ahead**. Call our office during regular hours.
3. Do not combine with alcoholic beverages.

2/... Shoulder arthroscopy – post operative instructions

Medications (cont'd)

5. Be careful as you walk, climb stairs or drive as mild dizziness is not unusual.
6. Do not take pain medications that have not been prescribed by your surgeon.
7. You may switch to over the counter pain medication of your choice as you become more comfortable.

When to call your surgeon:

1. Significant swelling or numbness in the limb that was operated on.
2. Unrelenting pain.
3. Fever or chills.
4. Redness around incisions.
5. Colour change in arm or hand.
6. Continuous drainage or bleeding from wounds (a small amount of drainage is expected)
7. Any other worrisome condition.

When to call your regular doctor:

1. Flare up of any of your regular medical conditions.

When to call 000:

1. Chest pain.
2. Shortness of breath.
3. Any other acute serious condition.

Follow up care:

1. You should have an appointment with your doctor for 10-14 days after your surgery.
2. Call 9481 2856 to make this appointment if not made at your pre op visit.

Acknowledgement:

I acknowledge that I understand these instructions and that I have no further questions.

Date: _____

Patient

Responsible adult companion