

BRAUNLICH ORTHOPEDICS

Post-Operative Instructions: Arthroscopic Shoulder

This document provides information regarding incision care, pain management, and activity following a ARTHROSCOPIC SHOULDER surgery. The instructions in this document have been dictated and reviewed by Dr. Braunlich. If there are symptoms beyond what is listed, please call the office or visit the closest E.R.

Following Surgery:

- Sling
 - Wear sling
 - Sling may be removed as needed for care
 - Example: changing clothes, taking shower, etc.
 - Sling may be removed two or three times a day
 - Patient must be relaxed and in a safe environment
 - Patient may move elbow and wrist
 - Patient may perform pendulum exercises (see video)

- Incision care
 - Patient may change dressing the day after surgery
 - Proper care for surgical incision:
 - Clean incisions with rubbing alcohol everyday
 - Cover incisions with bandages
 - Cover incisions while showering
 - Keep incisions dry and clean

- Pain Management:
 - Use prescribed pain medication only as needed
 - Minimize use as pain subsides
 - Pain medication may be supplemented with over-the-counter ibuprofen if cleared by the patient's primary care provider to do so

- Surgical Site
 - Any swelling, bruising or discoloration is from the surgery and is to be expected
 - Certain amount of pain and discomfort is from the surgery and is to be expected

- Driving
 - Patient is not released to drive for the first six weeks following surgery due to use of sling
 - Patient should not drive while taking narcotic pain medication