

Dr. Volk's Post-operative instructions
Arthroscopic Shoulder Surgery

**CALL 911 AND/OR GO TO NEAREST HOSPITAL IF YOU ARE
HAVING CHEST PAIN OR TROUBLE BREATHING**

Your procedure was R/L Shoulder:

WOUND CARE:

- To prevent infection, please leave your surgical dressing in place for 2-3 days. If you must shower beforehand, you may remove the bandage and cover your wounds with a waterproof band-aid or cover the surgical bandage with a plastic bag and tape to make a seal. Make every attempt to keep your wounds clean and dry. Do not apply any ointment/creams/salves to surgical site.
 - After bathing, remove the waterproof bandage, dab the wounds with clean/dry gauze if needed, and apply a regular band-aid or fresh gauze/tape.
- You may shower without covering the wounds after one week, provided that your wounds have crusted/scabbed/sealed.
 - Do not scrub or soak the wounds. Simply allow the soapy water to run over your wounds.
- Do not swim or soak wounds until fully healed (usually 2-3 weeks after surgery).

ICE:

- Use crushed ice (or frozen peas/corn) on your surgical site on a consistent basis for 1-2 weeks. This will help with swelling and pain. Attempt to ice your shoulder at least 3-4 times/day for at the first 3-5 days after surgery.
 - Wrap the ice pack to your shoulder with an elastic bandage to provide compression. Always have a thin layer (thin towel, washcloth, etc.) between your skin and the ice pack. Avoid icing for more than 20-30 min at a time to prevent skin damage.
- You may also try a homemade ice pack (<https://www.wikihow.com/Make-a-Homemade-Ice-Pack>)

Dr. Volk's Post-operative instructions

Arthroscopic Shoulder Surgery

SLING/BRACE:

- Unless Dr. Volk has told you otherwise, you should wear your sling/brace at all times (including sleep) except when performing your exercises or bathing.

MEDICATIONS:

- Pain medications:
 - You have been prescribed _____ which is a narcotic pain medication.
 - Use the medication only as prescribed. Take it with food.
 - Do not drive or operate heavy machinery. Do not drink alcohol. Do not make any life-changing or legal decisions (e.g. sign a contract or will), or participate in activities that require a lot of physical skill/coordination.
 - Take a stool softener such as Colace, senna or Miralax, and remain hydrated while taking narcotics as these medicines are constipating.
- Antiemetic medication:
 - You have also been prescribed _____ to assist with postoperative nausea and/or vomiting. Please only take this medication as needed. Many patients never need to take it.
- Non-Steroidal Anti-Inflammatory Medications (NSAIDs):
 - Please take Aspirin 81 mg (one baby aspirin) daily for 4 weeks, starting on the morning after surgery. This will help with pain as well as prevention of blood clots (deep vein thrombosis aka DVT).

DRIVING:

- In general, you may resume driving after your first post-op visit assuming you meet the following criteria:
 - You are no longer taking narcotic medication
 - You feel comfortable and confident that you may safely operate the vehicle.
 - This includes quickly braking and/or performing evasive maneuvers as needed and safely exiting the vehicle in the event of an emergency.

RETURN TO WORK:

Dr. Volk's Post-operative instructions Arthroscopic Shoulder Surgery

- You may return to work as soon as you are comfortable and able to perform light duty. This typically occurs around 10-14 days after surgery. Return-to-work notes can be generated as needed.
- You may perform light activities that you are comfortable with the following caveats:
 - Your hand must be visible (in front of you) and below shoulder height.
 - No lifting more than five pounds.
 - No active supination (turning your palm upward) if you've had a biceps tenodesis.

FOLLOW-UP APPOINTMENT:

- Please call our office the day after your surgery to schedule your post-operative appointment. At this appointment, your sutures will likely be removed. If you have questions or problems before then, please call the office at 301-774-0500 to speak with one of our staff or the on-call physician.

Please call the office at 301-774-0500 to report any of the following:

- Persistent fever over 101.5° F
- Sudden increase in pain or swelling or deep calf pain.
- Streaking redness from the wound(s) or pus-like discharge from the wound.

PHYSICAL THERAPY/ TIMELINE:

- Formal Physical Therapy will generally begin after your first post-operative visit.
 - You should begin your home exercise program as soon as possible after surgery (including the day of surgery if you are able).
 - The typical timeline for recovery after shoulder surgery is as follows: You will work on ROM and early strengthening for the first 6 weeks. You will wear your sling for at least 4-6 weeks after surgery. In general, full unrestricted return to activities is around 4-6 months after surgery.
 - *This rough timeline is dependent the procedure performed, and on your effort with physical therapy and at home! **The more you do, the faster things will go!!***
-

Dr. Volk's Post-operative instructions Arthroscopic Shoulder Surgery

INITIAL (POST-SURGICAL) HOME EXERCISES:

Adapted from www.orthoinfo.org

Shoulder Surgery Exercise Guide

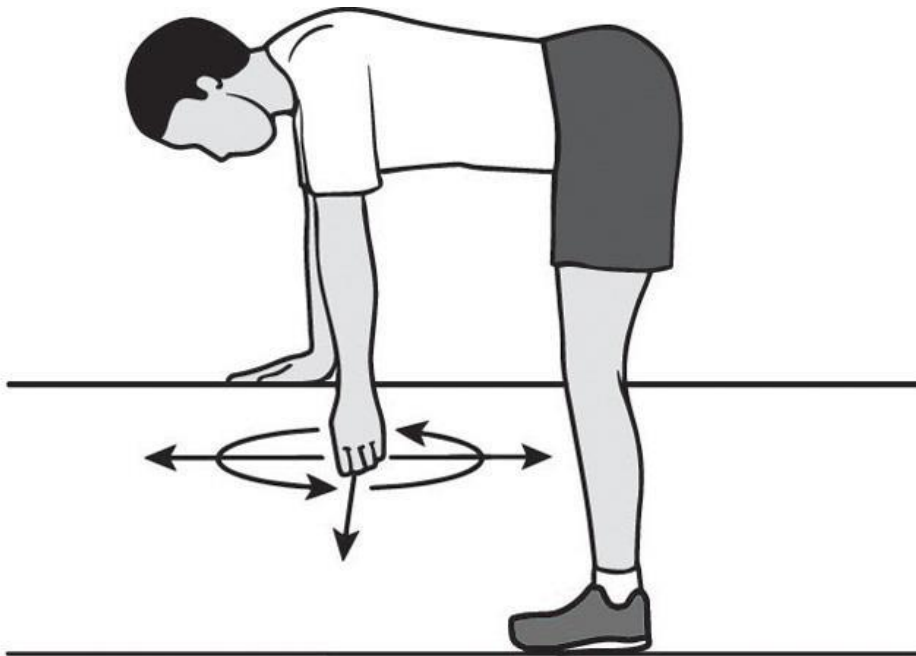
Regular exercises to restore motion and flexibility to your shoulder and a gradual return to your everyday activities are important for your full recovery after shoulder surgery. Remember to always use pain as your guide when exercising. Doing too much, too soon may delay healing.

PENDULUM, CIRCULAR

Bend forward 90 degrees at the waist, placing your uninvolved hand on a table for support.

Rock body in a circular pattern to move arm clockwise 10 times, then counterclockwise 10 times. Keep your operative arm relaxed during the exercise. The circular pendular movement should occur through your body and then through your shoulder joint.

Do 3-4 sessions a day.



Dr. Volk's Post-operative instructions Arthroscopic Shoulder Surgery

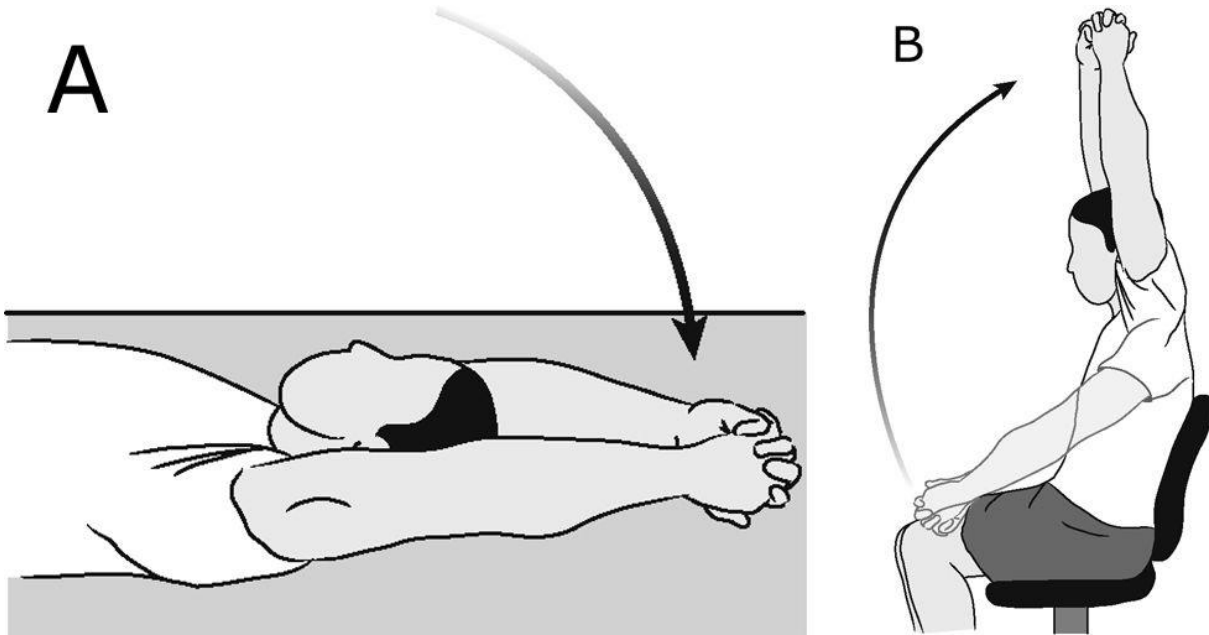
SHOULDER FORWARD ELEVATION (ASSISTED)

This exercise can be done either lying down (A) or sitting down (B). Clasp hands together and lift arms above head. Keep your elbows as straight as possible. Maintain the elevation for 10-20 seconds, then slowly lower your arms.

Slowly increase the elevation of your arms as the days progress, using pain as your guide.

Repeat 10-20 times per session.

Do 3-4 sessions a day.



Dr. Volk's Post-operative instructions Arthroscopic Shoulder Surgery

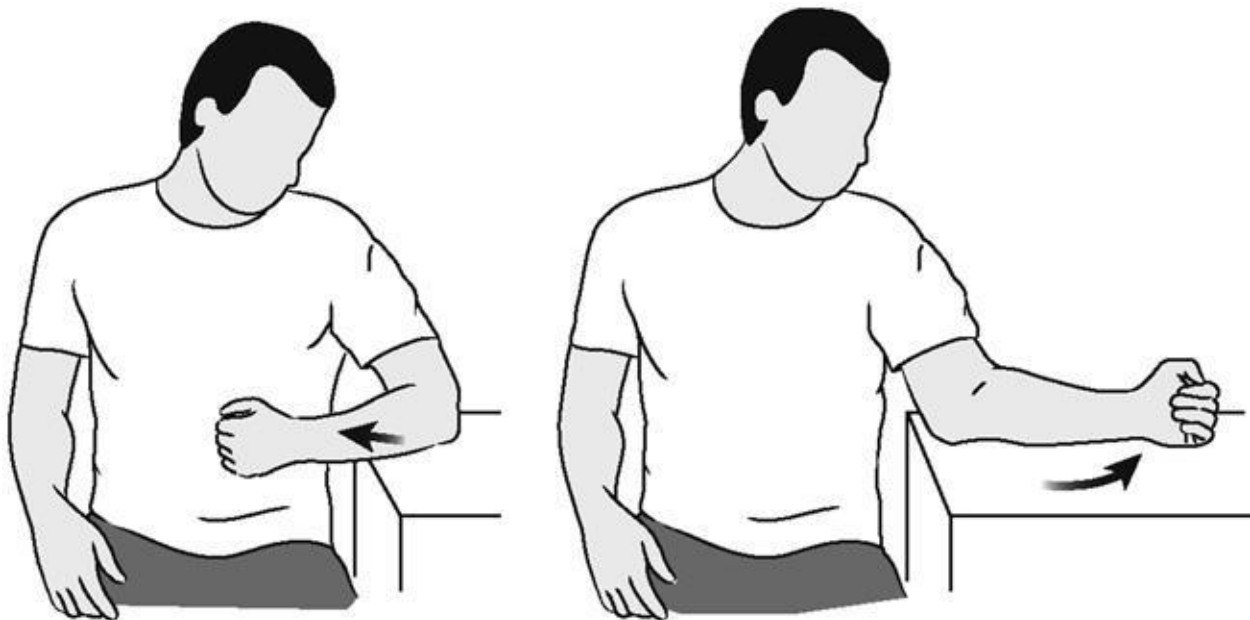
SUPPORTED SHOULDER ROTATION (ASSISTED)

Keep elbow in place and shoulder blades down and together. Slide forearm back and forth, as shown. You can also perform this exercise using a stick or cane to assist your arm outwards (keeping your elbow at your side).

Repeat 10 times per session.

Do 3-4 sessions a day.

Note: Dr. Volk may restrict the degree of outward movement (external rotation) of your operated shoulder after surgery. Before performing this exercise, check with your surgeon or physical therapist to determine if you have an external rotation limit. Your limit is: _____



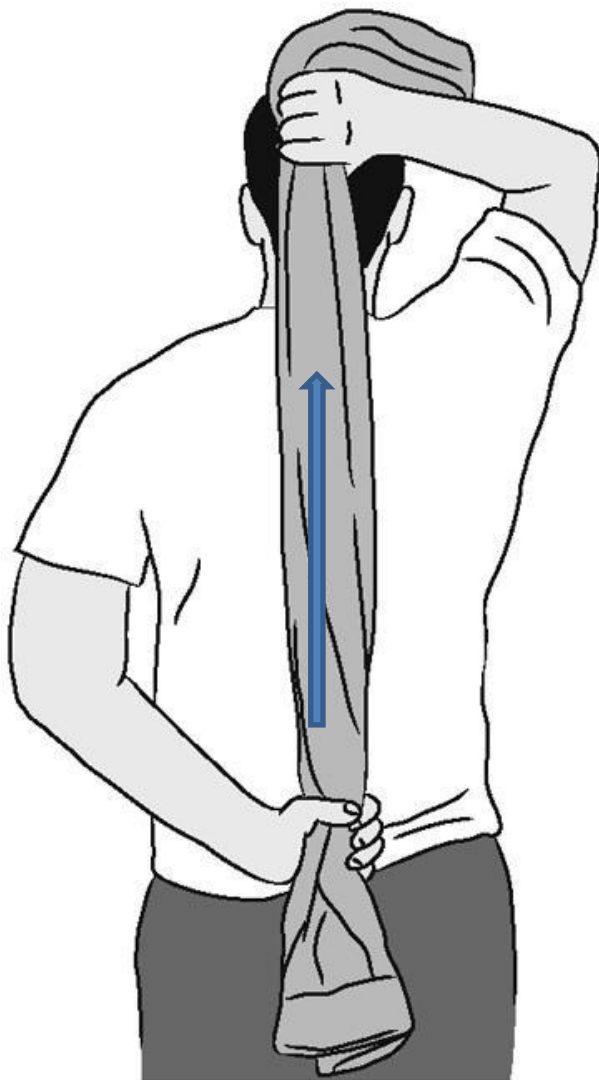
Dr. Volk's Post-operative instructions Arthroscopic Shoulder Surgery

SHOULDER INTERNAL ROTATION (ASSISTED)

Use your healthy hand/arm or a towel to help bring your operative hand/arm behind your back and across to the opposite side. Gently pull upward on the operative arm. (Note, the left arm is the operative arm in the drawing below)

Repeat 10 times per session.

Do 3-4 sessions a day.



Dr. Volk's Post-operative instructions Arthroscopic Shoulder Surgery

WALK UP (AKA, WALL WALK EXERCISE --ACTIVE)

With elbow straight, use fingers to "crawl" up a wall or door frame as far as possible. Hold for 10-20 seconds. Then try to go up another inch or two. Each session should increase your distance up the wall.

Repeat 5-10 times per session.

Do 3-4 sessions a day.



Dr. Volk's Post-operative instructions Arthroscopic Shoulder Surgery

TABLE SLIDE EXERCISE (ACTIVE)

Sit at your kitchen table or countertop. Place a soup/soda can under your wrist (or a paper towel under your palm). Slide forward as far as possible and hold for a count of 10. Then return.

Repeat 10 times

Do 3-4 sessions per day

