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## **Post-Operative Instructions Following Shoulder Arthroscopy For Frozen Shoulder**

### **1. WHEN DO I COME IN FOR MY FIRST FOLLOW-UP VISIT?**

If an appointment has not already been scheduled, please call the office the day following surgery to schedule an appointment for approximately one week after your surgery.

### **2. WHAT SHOULD I EXPECT AFTER SURGERY?**

After arthroscopy, it is normal to experience some discomfort. You should have received a prescription from the nursing staff at the hospital. Please fill the prescription and use the medication regularly as directed for the first twenty-four hours and then as needed after the first day. For minor discomfort, Tylenol may be used **instead** of the prescription medication. If you are able to, you may also take NSAIDs (ie. Advil, Aleve, Motrin, Ibuprofen, etc.) **with** your prescribed medication.

A low-grade temperature (99-101 degrees F) is common. Please call the office if your temperature is consistently elevated over 101.5 degrees.

### **3. HOW LONG SHOULD I KEEP MY SHOULDER DRY AND WEAR THE BANDAGE?**

The bandage should be kept dry and in place for 48 hours. For the first 48 hours, it is best to take baths so that the dressing may remain dry.

Forty-eight hours after surgery, please remove and discard the bandages. There will be several stitches. At this point the stitches may get wet in the shower. Following your shower, pat the stitches dry and place Band-Aids over them. Do not immerse your shoulder in water (i.e. swimming, baths, or hot tubs) while the stitches are in place.

### **4. WHAT EFFECTS MIGHT I NOTICE FROM THE ANESTHESIA?**

If you had general anesthesia, some fatigue and lethargy may be noticeable for a day or two. Occasionally, nausea may occur. Eating light foods will help. Resume your regular diet as the nausea resolves.

If you had block anesthesia, soreness in the area of injection is common. The soreness should resolve by three to four days following the surgery. If, by that time, it has not resolved or it is getting worse, please call our office or call the hospital and ask for the anesthesia office.

## 5. WHAT CAN I DO TO HELP REDUCE SWELLING AND DISCOMFORT?

Limiting your activities and resting with your shoulder elevated above your heart (i.e. sitting upright) are the best methods of reducing swelling and discomfort and will speed up your recovery. You may have a cool therapy device. If so, the company's representative should have provided you with instructions on its proper use. If not, please call their office for assistance. If you cannot reach them, please call our office. Ice may also be used. Fill a plastic bag with ice cubes and place it over the shoulder with a towel between the skin and the ice bag. Leave the ice in place for 15-30 minutes. This may be done every hour while awake.

Sleeping on your back with the head of your bed raised to  $\geq 30$  degrees or sleeping on the non-operative side while hugging a pillow will reduce discomfort at night. You may also want to take pain medication before going to sleep.

With regard to your activity level, use common sense as your guide. With that said, there are no limitations on **reasonable** activities. In fact, I encourage you to use your arm for simple daily activities as much as possible, including overhead activities as possible. This will help prevent your shoulder from getting stiff again.

## 6. HOW MANY DAYS SHOULD I USE THE SLING?

Use the sling until the block has worn off and you have control of your arm. Once you are out of the sling, practice walking with your arm at your side allowing it to swing normally.

## 7. WILL I HAVE AN EXERCISE PROGRAM TO FOLLOW?

After the first 24 hours, you should perform pendulum exercises. These are performed by leaning over, bending your waist approximately 90 degrees and resting your non-operative arm on a table to support your body. Your operative arm should hang toward the ground. Allow your arm on the operative side to rotate in a clockwise fashion producing small circles with your hand. Perform this for approximately 10 circles and then repeat in a counterclockwise fashion. Let gravity do most of the work. This is a simple motion designed to reduce stiffness. It should not be performed too fast or with large arcs of motion. As you become more comfortable, you may do this more frequently.

You have been given a prescription for physical therapy. You hopefully have scheduled therapy to begin the same day as your surgery. If you have not already scheduled therapy, please arrange for this to begin **as soon as possible**. If you need assistance locating a therapist, please call our office. We would like you to go to therapy every day possible for the next several weeks. In addition, it is important that you perform any range of motion exercises that your therapist has provided frequently at home. I suggest at least four times a day (when you wake up, at lunch time, at dinner time and before you go to bed).

## 8. WHAT ELSE CAN I EXPECT

1. Bruising and swelling of the shoulder region is common. This is caused by bleeding from the bone and soft tissues (cut during the procedure) into the tissue just deep to the skin.
2. Some patients develop numbness and/or stiffness in the hand and fingers following surgery. This most often is due to swelling and immobilization of your arm and often resolves shortly after the swelling subsides and therapy begins. If numbness in your hand persists, please call the office.
3. It is common to develop a stiff neck following surgery. This is caused by the sling as well as from the immobilization of your arm. By frequently moving your neck in slow circles as well as side to side and front to back, this stiffness may be minimized.