

CONGRESS MEDICAL SURGERY CENTER, LLC



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POST OPERATIVE INSTRUCTIONS FOR SHOULDER ARTHROSCOPY

(subacromial decompression, distal clavicle excision,
rotator cuff repair, capsulorrhaphy procedures)

1. A. Keep your bandage clean and dry.
B. You may take your bandage off in 48 hours, only if your doctor has told you it is ok to do so. There will be white tapes over the incision site. LEAVE THEM ON. At this time you may shower. Pat your shoulder dry, try not to disrupt the white tapes. You may not soak, bathe, Jacuzzi or swim until given permission from your doctor.
2. Elevate your upper extremity above your heart by placing it upon 2 pillows with your upper body lying flat. This will minimize swelling and discomfort. Wiggle your fingers throughout the day.
3. Your ice (polar care) pad, which was put on intraoperatively, should be connected and turned on continuously for the first week. If you do take your bandage off, make sure you place a cloth over your skin before placing the ice pad back on your shoulder to prevent frost bite. If you're icing system is malfunctioning, please contact the vendor who supplied you with the unit.
4. If you do not have a cold ice system, place an ice pack over the surgical site area continuously for the first 72 hours and then intermittently for the rest of the week (several times a day).
5. Pain medication has been prescribed for you. Pain medication should be taken with food. If you are having minor discomfort, take plain Tylenol. Please be aware that most pain medications can cause constipation, so be sure to drink plenty of water, juices, etc. Some patients find that taking an over the counter stool softener at bedtime is helpful. Please refer to the Patient Education: Peripheral Nerve Blocks sheet if you had a Nerve Block with your surgery.

6. Post operatively your arm may be immobilized in an immobilization device (i.e.: sling, immobilizer, abduction pillow). DO NOT REMOVE. Your doctor will give you further instructions on your 1st post-operative visit.
7. You may sponge bathe.
8. If you develop a fever (above 101 degrees) increase pain or acute tenderness in the upper extremity, or other concerns, please contact your doctor.
9. Please call the office (626) 795-8051 (Pasadena) or (626) 821-0707 (Arcadia) to schedule your follow up appointment on _____.
10. If you have any further questions, please do not hesitate to contact the physician's office.