

**James F. Stenson, DO**  
**Orthopaedic Shoulder and Elbow Surgery**  
**Einstein Medical Center Montgomery**

**Arthroscopic Shoulder Surgery Discharge Instructions**

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**Medications**

The following medications will be prescribed to you after surgery:

- Oxycodone: narcotic pain medication
  - Take 1-2 pills every 4-6 hours only if needed for pain
  - Taper by increasing time between doses
  - Use the other prescribed medication between doses to aide in tapering off oxycodone
- Tylenol: pain medication
  - You can take up to 1-2 tabs of Tylenol up to 3 times daily
  - Do not take more than 3,000mg of Tylenol per day
- Ibuprofen: anti-inflammatory medication
  - Take 1 pill up to 4 times daily for pain
  - If you have a history of an ulcer or stomach bleeding, do not take this medication
  - If you start feeling any stomach discomfort, please discontinue use of this medication
- Docusate: stool softener
  - Take 1 tab up to 2 times daily for constipation
- Zofran: for nausea
  - Take 1 tab up to 3 times daily as needed for nausea

Pain medication may make you constipated. Below are a few solutions to try in this order:

- Drink lots of decaffeinated fluids.
- If this doesn't work, take the Colace as directed above
- This can be supplemented with: Senokot, an over-the-counter laxative or Miralax, a stronger over-the-counter laxative

Do not drink alcoholic beverages or take illicit drugs when taking pain medications.

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**Instructions Until First Post-Operative Visit**

**Activity Level**

- Your arm was placed in a sling following surgery. Please keep this in place until you are seen back in the office for your postoperative visit.
- Whenever comfortable begin performing exercises that are diagrammed towards the end of these instructions. The exercises should be performed at least 5 times daily, 5 repetitions each. We will provide you with more specific recommendations after the 2-week mark.
- You can use your operative hand for small tasks but should not carry more than a pound or so. Avoid reaching away from the body unless instructed otherwise by our team

**Icing**

- For the first few weeks after surgery, icing five times daily for up to 20-30 minutes may decrease pain and inflammation. You may ice more frequently if you are having continued pain and swelling. Do not sleep with ice on.

### Wound Care

- Please keep your dressing in place until the first follow-up visit.

### Showering

- You may shower however, please do not soak your operative extremity in the shower. Only let water lightly rinse over it. Maintain your operative dressing until your first follow-up appointment.

### Dressing/Undressing

- When dressing, put your operative arm in the sleeve first. When getting undressed, take your operative arm out last. Loose fitting, button-down shirts are recommended.

### Sleeping

- Many patients find that lying in a semi-seated position in bed is more comfortable than lying flat. Some patients find sleeping in a recliner more comfortable during the first few weeks after surgery. Keep a pillow propped under the elbow and forearm for comfort.

### Driving

- You should not drive until you are off pain medication, out of the sling and you feel comfortable with moving your arm around

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## What to Expect After Your First Post-Operative Visit

- Activity Level: We will have you work on range of motion exercises.
- Pain Control: You should be able to taper off narcotic pain medication within 2 weeks after surgery. You can take Tylenol and Ibuprofen and continue icing if you are still having symptoms.
- Sleeping: The ability to sleep through the night may take 4 weeks or more after surgery. Continue lying in a semi-seated position in bed or sleeping in a recliner if it is helpful.

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## Exercises To-Do

The following exercises should be performed 5 times daily, 5 repetitions:

1. Hand: bend your fingers to make a tight fist, then straighten your fingers.



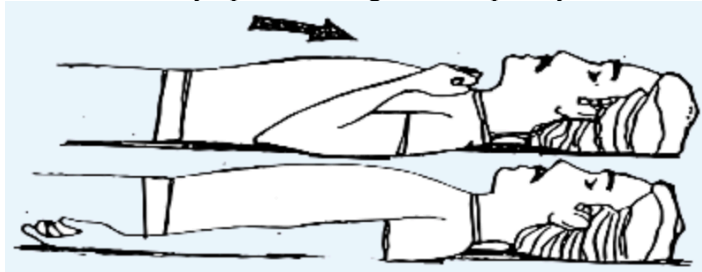
2. Wrist: bend your hand downward, then upward.



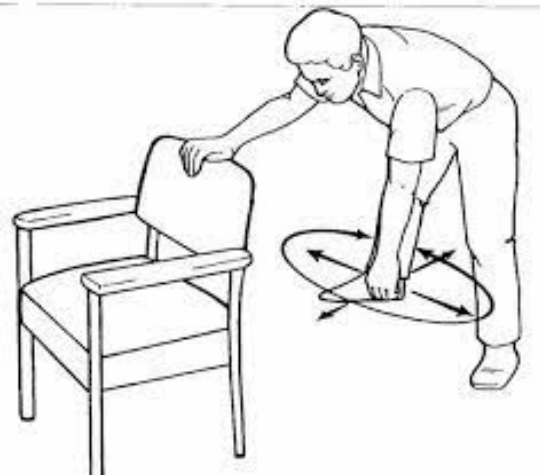
3. Forearm: rotate forearm so your palm is up, then down.



4. Elbow: bend your elbow all the way up, then straighten completely.



5. Shoulder pendulums: Assume the position shown below, letting the surgical arm hang relaxed. Make small circles in a clockwise direction (10x). Reverse the direction and do the same in a counterclockwise direction (10x).



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### Contact Information

- Please do not hesitate to contact our office with any questions or concerns. We are happy to help. After hours you will be directed to the doctor on-call.
- Please call the office if you experience: excessive wound drainage or drainage for longer than five days after surgery, redness surrounding the incisions, difficulty breathing, calf pain, or numbness or tingling in the arm or hand that was not present before surgery and has lasted more than 24 hours.
- Fevers are not uncommon after surgery and usually are not a sign of an infection. If you experience a fever in the first five days, take Tylenol and continue to monitor your temperature. Please contact the office with any fever that occurs beyond five days post-operatively or continues despite Tylenol and other adjuvants.