

Dr. Scott Levin MD

Somers Orthopedic Surgery and Sports Medicine Group

Post-Operative Instructions Shoulder Arthroscopy

Pain Medication

After surgery it is normal to experience some discomfort. A prescription for Percocet 5/325mg was already sent to your pharmacy. Please fill the prescription and use the medication as directed, 1 tablet by mouth every 6 hours as needed for pain. For minor discomfort, Tylenol or Advil/Ibuprofen may be taken (1 or 2 every 6 hours as needed). Do not take additional Tylenol if you are taking the maximum daily amount of prescription pain medication. Advil/Ibuprofen may be used in addition to the prescription pain medication and may be taken in between doses of the pain medication, but do not exceed the recommended daily dose on the bottle.

Dressing and Wound Care

Keep the dressing clean and dry for 48 hours after the surgery. You may then remove the dressing and shower. Let water run over the sutures but do not scrub the incisions. Pat the incisions dry when done and then apply a Band-Aid over each one. Do not immerse the shoulder in water - no baths, hot tubs, or swimming with sutures.

Sling and Ice

Keep the sling on at all times until the nerve block wears off. Usually this takes 24-48 hours. Once the nerve block wears off, you may remove the sling and move your shoulder as tolerated. You can then just wear the sling as needed for comfort only. You should ice the shoulder up to 30 minutes at a time every 2 hours or use the cryotherapy machine as instructed. This will decrease your postoperative swelling.

Physical Therapy

You will begin physical therapy after I see you in the office for your first follow-up appointment. Try to get to physical therapy 2-3 times per week. Prior to your first follow-up appointment you may remove your sling and move your shoulder as tolerated as described above. You should also gently straighten and bend your elbow as tolerated so your elbow does not become stiff. In addition, it is important to move your wrist and fingers in all directions throughout the day to avoid stiffness.

Follow-up

Please call the office after surgery to schedule your first postoperative appointment. The appointment should be anywhere from 5-10 days from the date of surgery. You will have your sutures removed at this time and a prescription for physical therapy will be given to you as well.

A low-grade temperature (99° to 101°) is common. Please call the office if your temperature is consistently elevated over 101°. If he think you have a fever, please use a thermometer so you can tell us your exact temperature.

It is also common to develop discoloration of the arm after surgery. Normally after surgery, some blood goes into the soft tissues beneath the skin. Over the first few weeks this can lead to "black and blue" discoloration of the skin. Over time, the discoloration should resolve.

For any other questions, please call my office at 845-230-5104.

- If you should experience any shortness of breath, calf pain, difficulty breathing or chest tightness go to the nearest emergency department or call 911.