

**Dr. Scott Levin MD**

**Somers Orthopedic Surgery and Sports Medicine Group**

**Post-Operative Instructions Shoulder Arthroscopy/Rotator Cuff/Labral Repair**

**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, even when sleeping. You may find that it will be easier to sleep in an inclined position by using pillows or a recliner chair for the first few weeks after surgery. The only time you should remove your sling is when you are showering. When you are showering, you should keep your arm close to your side as if you are still wearing the sling. 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 once daily for about 20 minutes to gently straighten and bend your elbow without moving your shoulder, in order to prevent your

elbow from getting 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.*