

Shoulder Arthroscopy Information - Dr. Adickes

Post-Op Medications for Home

Percocet (oxycodone/Tylenol) 5/325mg

Take this medication for pain. Maximum frequency: every 4-6 hours. You may find that if you break a tablet in two, and take half a tablet every 2-3 hours this may be beneficial. *DO NOT exceed 4000mg of Tylenol in a 24 hour period.* Take this medication with food (even a cracker will help prevent nausea).

Zofran (ondansetron) 4mg

Zofran helps suppress nausea. Some patients feel nauseous from the surgical anesthesia or other medications. Take 1 tablet at the first sign of nausea and every 6-8 hours as needed.

Tylenol (acetaminophen)

Tylenol may be used to replace your pain medication, as your pain improves. *DO NOT exceed 4000mg of Tylenol in a 24 hour period.* Please note your pain medication contains Tylenol.

Physical Therapy

Physical Therapy (PT) begins within the first few days to a week after surgery based upon your procedure. You will be instructed in a number of exercises which will help you heal properly and quickly. Some of these exercises will be part of your home exercise program (HEP). Refer to the protocol you received on the day of your surgery. Your PT prescription will be provided post-op day #1. If you or your therapist has questions, please call our staff at (713) 464-0077.

Sling

Continue to wear sling at all times or as directed by your physician. You may remove sling for exercises, therapy or bathing. Length of use is based upon your surgery type. Your sling is also useful in public situations to visually inform others to avoid touching your shoulder or shaking your hand.

Find your surgery below to estimate the length of time you will be wearing your sling.

1. 3 to 4 weeks
 - Rotator cuff repair, open biceps tenodesis
2. 1 to 3 weeks
 - Bankart repair, SLAP repair
3. 2 to 7 days
 - Subacromial decompression, distal clavicle resection, biceps tenotomy

Dressing Changes

The original dressing should be removed approximately 24 hours after surgery. Generally, your dressing is changed in the office on post-op day #1. If you are unable to attend this appointment, please clean around the incision sites with gentle soap and water, then pat dry. Apply a new dressing over the incision site. Do this daily or as needed through out the day if the dressing becomes soiled or wet. The white steri-strips should not be removed, as they fall off about 2 weeks after surgery. If you have stitches, they will be removed about 2 weeks after surgery at your post-op visit.

Showering

You may shower immediately after surgery so long as the dressing and incisions remain dry. The incisions can get wet in the shower 48 hours after surgery. When complete, pat the incisions dry, and re-apply a clean dressing. Do not submerge your incisions under water until incisions are completely healed. This is usually 21 days after surgery.

Cold/Ice Treatment

Use ice with a thin towel between the ice and your skin. Ice treatment may be done for 20 – 30 min intervals for 3-5 times per day.

Returning to Work or School

You may return to work or school within a few days after surgery if pain is tolerable. You must take the time to honor your commitments to physical therapy and office visits. Returning to heavy labor will be determined by

your progression through physical therapy and the cartilage condition and strength.

Follow-up Appointments

Please call immediately to make a follow up appointment with us in the office if you have immediate concerns. Let the office know that you are a post-operative patient and must be added on the schedule. If you are from other areas outside of Houston please call the office and request to schedule a follow-up appointment in 4-8 weeks. Desired appointment times for Dr. Adickes' patients are post-op Day#1, Day #15, 4 weeks, 12 weeks, and 6 months.

Risk

There are several risks to any surgery that must be taken into account.

Infection: Infection is decreased with sterile operating environment and antibiotics and careful handling of the incision sites following surgery.

Pain: All surgical procedures may cause pain. Additionally, there is a potential complication of pain. Medication, ice, rest, compression, elevation, and therapies reduce pain.

Call our office at (713) 464-0077 and/or go to an emergency room IMMEDIATELY if any of the following occur:

- A. Fever, chills, or sweats
- B. Redness and warmth around the incision(s), non-clear drainage from the incision, or increased pain in or around the incision.
- C. Calf swelling, redness, pain, or warmth
- D. Chest pain, difficulty of breathing, or cough

*** If you become hospitalized for any reason after surgery, please inform the admitting ER physician to call us at (713) 464-0077.