



820 S. Akers, Suite 220 Visalia, CA 93277
Office Number: 559-733-3346

Shoulder Arthroscopy Post-Op Instructions:

Wound Care/Bathing:

- You may shower the day of your surgery. You may also shower the following two days, with your bandage securely in place. Both the bandage, and your shoulder, need to remain dry.
- **You must remove the bandage three days after surgery.** If steri-strips are in place underneath the bandage, please leave those on the skin until your post-op appointment. You may now get the shoulder wet and wash gently with soap/water. Please recover incisions with band-aids if steri-strips are not present.
- **NO SOAKING IN A POOL OR TUB FOR THREE WEEKS OR UNTIL CLEARED BY DR. CRINER**

Pain control:

- Pain medication will be called into your pharmacy of choice, the day of your pre-op.
- Please pick up your medication from the pharmacy and take it as prescribed after surgery. The only exception is it is a good idea to take the narcotics around the clock for the first 24 hours after surgery to prevent yourself from being caught off guard when the numbing medication wears off that was used during surgery.
- Take an over-the-counter anti-inflammatory (Advil, Aleve, Ibuprofen, etc.) for the first 2-4 weeks after surgery to help with inflammation, pain, and swelling. You can discontinue the anti-inflammatory if you have no pain.
- Ice the shoulder for 10-15 minutes, every hour, to help with swelling.
- Try to elevate your arm as much as possible, in the sling, and/or with a pillow. If possible, elevate the arm above your heart (easier when laying down), as much as possible to help pain and swelling.
- We CAN NOT prescribe anything stronger than what you are prescribed initially.

*Keep in mind surgery recovery is uncomfortable and it is common to be in pain during your recovery. Please see the recommendations above to help with pain relief. *

Blood clot prevention:

- Blood clots are not a big concern with most shoulder arthroscopies.
- If you smoke, take birth control, or are just generally concerned: take Aspirin 325 mg, 1 tablet daily, for the next 2-4 weeks.

Activity:

- Always wear sling, especially while sleeping. If sitting down on a chair or a couch, you may remove the sling to extend the forearm/elbow. But if you are up and moving around, the sling must be on.
- Always wear your sling, especially while sleeping. If sitting down on a chair or couch, you may remove the sling to extend your forearm/elbow. If you are up and moving around, you **MUST** have the sling on.
- You may want to sleep in a recliner or an elevated bed at a 70° angle for pain management. This will also keep you from rolling over onto your shoulder during sleep.
- Please remove your elbow from the sling, several times per day, to bend, straighten, and rotate your elbow. You should also be frequently moving your wrist and fingers so that they do not get stiff.
- Do not return to work until instructed to do so, safely.
- It is safest not to drive until your first post-op appointment.

Physical Therapy:

- You will be given a prescription for physical therapy at your first post-op appointment.
- Call and schedule your physical therapy evaluation after your first post-op appointment with Dr. Criner.

Follow up appointments:

- Your first post-op appointment will be scheduled at your pre-op visit, but if not, please call 559-733-3346 and speak to Charlotte.

Questions:

- Call 559-733-3346 and ask for Dr. Criner's staff during normal business hours.

Emergencies:

- **If you have emergent questions or concerns that cannot wait until the day, you may dial 559-733-3346; you will get the orthopedic surgeon who is on-call. If it is not Dr. Criner, the surgeon that answers your call will not know who you are, so please be sure to clarify that you are one of Dr. Criner's patients, the surgery that you had, and the date that you had surgery.**
- **It is our office policy not to prescribe medications over the phone. If you need any medication during the night or weekend, you will have to go to the emergency room.**