

Amarillo Bone & Joint Clinic, L.L.P.

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Postoperative Instructions

Shoulder arthroscopy and Arthroplasty

Dr. Brad Veazey

1. Sling at all times

- May use for comfort only when arthroscopy performed without rotator cuff or labral repair.
- Must wear sling at all times after rotator cuff or labral repair.
 - Exceptions for hygiene and physical therapy only.
- Sleep with sling until Dr. Veazey says that it is okay to take it off.

- Keep your anti-embolism stockings on until your follow up with Dr. Veazey. You may remove them to shower but they need to be replaced after bathing. You must sleep in the stockings.

2. Begin pendulum exercises on post-operative day one.

- Other exercises will be added by physical therapists or Dr. Veazey.

3. Wound Care

- Physical Therapist will change dressing on the second or third post-operative day, or patient may remove dressing at 48-72 hours post-operatively.
- Patient may shower after first dressing change and allow water to run over the wounds. After shower, wounds should be dried and covered with breathable Band-Aids. **DO NOT** submerge wounds under water until cleared by Dr. Veazey.

4. Physical therapy will begin on the second or third post-operative day in most cases.

- A prescription for physical therapy will be given to the patient with the post-operative packet.

5. Medications

- Pain Medications
 - Narcotics (Norco/Tylenol #3/Vicodin) - These medications are strong pain relievers and will cause alterations with thinking/decision making and may cause drowsiness. Do not take in conjunction with any alcohol. These medications should be taken on a schedule as directed per instructions for the first 24 hour period. Then take as needed per instructions.

6. Nerve Block General Instructions

- Local Anesthetic medications are injected directly around the nerves for pain control.
- May cause tingling/numbness/ weakness or a feeling that your arm is asleep. Effects should last around 8-24 Hours.

7. Please call Dr. Veazey's office (806-242-2252) or go to the nearest Emergency Room for:

- Redness, drainage from wound, fever/chills, shortness of breath, difficulty breathing, increased pain, increased swelling, or numbness.

8. Post-anesthesia: No alcoholic beverages for 24 hours. Drink plenty of fluids. Resume regular diet SLOWLY.

Begin with light foods first and advance to regular food as tolerated. Return to clear liquids for any vomiting and gradually resume regular diet when nausea/vomiting stops. **DO NOT DRIVE**; operate heavy machinery, exercise, or sign legal documents for at least 24 hours. **NO LIFTING UNTIL RELEASED TO DO SO BY DR VEAZEY**

9. Cryotherapy: If sent home with cold therapy or ice packs-use for 30 minutes every 2 hours. If you experience moisture or condensation from the cold pad, remove the pad from your body and check for leaks. If the dressing over your incision is saturated, you will need to change it. If the pad is not leaking, dry it off and reapply it to your body. Make sure the pad is not touching your skin directly. If it is leaking, call the hospital or DME provider for further instructions.

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