

## **Dr. Haverstock's After Surgery Shoulder Arthroscopy (Scope) Instructions**

- Before Surgery
  - The hospital can provide a simple sling that will suit most patients.
  - I recommend ice packs or a cooling unit, this will help minimize pain after surgery.
  - If you are buying a sling, please have your sling fitted before surgery, the Ultrasling is a good choice, and Kinnetic Connection will set it up for you.
  - Plan to be in a sling full-time for six weeks. You should not drive and will likely prefer sleeping in a reclining chair or semi-sitting.
  - Make a plan with work for appropriate time off/away, you should not use your surgical arm for anything beyond physio and gentle motion and may not feel up to commuting/working for weeks.
- After Surgery
  - Your shoulder and upper arm will be swollen with water used during arthroscopy, this will leak out over the first few days, and some bleeding is normal.
  - The large absorbent bandage, and inner smaller bandages can be removed or replaced 3 days after surgery.
  - You can shower and get the incisions wet with gentle soap and water after 3 days, small 'steri-strips' can be replaced with simple band-aids if they fall off.
  - The sling protects your shoulder repair from excessive force and re-tear, wear it full time aside from bathing and physiotherapy. When dressing, slip a shirt over your surgical arm first, to avoid lifting the arm away from your side.
- Pain Control
  - The first several nights can be very painful.
  - If you have a 'nerve block' performed, begin taking your narcotic pain medication before bed, before your pain returns, and set a timer to take it every 4-6 hours for the first few days.
  - The nerve block will wear off over 8-16 hours typically.
  - Adding in Acetaminophen to a maximum of 4000mg/24hrs (from all sources) and an anti-inflammatory (Ibuprofen or Naproxen) can help your pain control.
  - Regular ice and cold therapy is important, apply it directly over the bandages when the nerve block has worn off. Once the nerve block has worn off, you can use the cold therapy as much as you like. Before the nerve block has worn off, limit cold therapy to 15 minutes every hour.
  - Narcotic pain medication
    - Is habit forming, so taper the frequency of tablets over the first week as able.
    - Regular stool softener or fiber and good water intake can minimize constipation.
- Physiotherapy
  - Please book an appointment with your physiotherapist in the week following surgery, and follow the guidelines for either a small, or large rotator cuff tear, or shoulder stabilization. These protocols, established by the Fowler Kennedy clinic are available on our website.