

Dr. Rogerson's Post-Op Arthroscopic Shoulder Stabilization Instructions:

- 1) You may shower the day after your surgery leaving the foam tape dressing in place. If you have a TENS unit, remove the leads prior to showering. Following your shower, remove the dressing and place band-aids over your incisions. Don't be surprised if you see what looks to be a significant amount of blood, as there is a lot of fluid used during your surgery and this slowly leaks out overnight and is mixed with a little bit of blood that often looks to be a great deal.
- 2) Massage your incision portals with band-aids covering them in order to break down scar tissue formation post-operatively.
- 3) You should ice your shoulder intermittently for 1-2 weeks following surgery.
- 4) Following your shoulder surgery, you will be placed in a shoulder immobilizer. Keeping your arm next to your body, you may release the shoulder strap several times a day to flex and extend your elbow to prevent stiffness. The immobilizer should be kept on when walking and when sleeping. It may be removed when you are safely seated in a chair.
- 5) The day after your surgery you should start passively moving your shoulder per the instructions below depending on what type of reconstruction was performed:

***POSTERIOR /ANTERIOR and POSTERIOR RECONSTRUCTION:**

Keep your arm in the immobilizer **at your side**. When exercising, release the waist strap and while holding the operative arm in the immobilizer, lean forward and gently move the arm front to back and side to side. Do this exercise for 30-60 seconds at a time and repeat 8-10 times a day to prevent a frozen shoulder. Let pain guide the range of passive motion.

***ANTERIOR RECONSTRUCTION SURGERY:**

When in the immobilizer keep the arm **across your abdomen**. When exercising, release the waist strap of your immobilizer, lean forward to allow the immobilizer to hang in front of you, and with your non-operative side hand gently move the immobilizer in small circles. As pain allows, you will be able to progressively make larger circles. Do this exercise for 30-60 seconds at a time, and repeat 8-10 times a day to prevent a frozen shoulder.

- 6) Many of our shoulder arthroscopy patients tell us that they are most comfortable sleeping in a recliner chair or on a couch with a few pillows behind their shoulder for several days after surgery.
- 7) You will be discharged with pain medication. To prevent nausea, take your pain medication with food. Pain medication can make you feel drowsy and even a little light-headed, so be careful when you are up walking and do not drive or use any machinery. Constipation can also happen with narcotic pain medication, so we encourage you to drink a lot of fluids, eat plenty of fresh fruits and vegetables and take a stool softener. Your pharmacist can help you choose an over the counter brand.
- 8) If you have any further questions or you are developing any increased pain or redness at the site of the incisions, please call Dr. Rogerson's office at (608) 231-3410.