

**Dr. Rogerson's Post- Op Shoulder Arthroscopy Instructions:
Decompression And/Or Clavicle Resection (Mumford)**

- 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) You will not hurt your shoulder by moving it as much as you can. It is very important to get the shoulder moving so that you do not develop a frozen shoulder. There are a few exercises described below that are very important to keep the shoulder loose. You may begin doing these exercises the day of your surgery or post-op day one.
 - **Codman's circles:** You lean forward and place a soup can or very light weight object into the surgical hand and lean forward and do gentle circles in both directions, clockwise and counter clockwise, for one to two minutes. These should be done approximately 6 times a day to keep the shoulder loose.
 - **Wall walking:** You are facing the wall and your fingers are out in front of you and you are walking your fingers up the wall very slowly. When you get to a point of pain, you should stop at that level and rest and try to relax the shoulder. Then once the pain has improved, you can then try going just a little further up the wall. This exercise can also be done sideways so that the arm is actually coming out to the side instead of in front of you. It is very important to let the fingers do the work for you and not use the shoulder muscles, as this will increase pain.
 - **Scapulothoracic strengthening:** With your arms down by your side, pull your shoulder blades back as if you are trying to touch them together. Hold for 10 seconds. Do 10 reps at least three times a day; the more often you do this exercise the better!
 - **Elbow flexion and extension:** practice doing biceps curls without any weight in order to keep the elbow from stiffening after surgery.
- 5) 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.
- 6) 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.
- 7) 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.