

Wound Care

Please remove the surgical dressing on the third day after surgery. You may see either skin sutures or steri-strips used to close the arthroscopy incisions. Keep these sutures and incisions clean and dry.

Be sure to watch for signs and symptoms of infection after surgery, which includes:

- Redness
- Increased swelling
- Warmth
- Wound drainage
- Fever greater than 101.5 degrees

If you notice any of these signs and symptoms please notify your surgeon.

Showering

You may begin showering three days after surgery if your wounds are closed and there is no drainage. You may allow water to run over the steri-strips or the visible sutures, however, do not scrub or soak them. Carefully remove your shoulder sling before showering. **DO NOT** immerse your incisions under water. This means **NO** baths, swimming, or hot tubs of any kind for at least two weeks after surgery. To clothe yourself, remember to put your operative arm in your shirt first (keeping your hand at your side), pull the shirt in position and then reach through the remaining sleeve with your good arm. A helpful hint: button up shirts are the easiest and safest to wear while recovering from surgery. Once dressed, be sure to properly place your operative arm in the shoulder sling.

Ice

Keep the ice therapy in position on your shoulder at all times to help decrease swelling. The ice therapy may continue to provide comfort, decrease swelling and help with pain control for one to two weeks after surgery. If you are not using an ice therapy device, please ice your shoulder three to six times a day for up to 20 minutes at a time using a large bag of crushed ice. To avoid frostbite, place a towel between the ice and your skin.

Exercise and Physical Therapy

You are to remain in your shoulder sling at all times except when showering. Depending on your surgical procedure you may remain in your shoulder sling for four to six weeks after surgery. You should come out of the sling to exercise your fingers, hand and wrist at least once a day unless otherwise specified by your surgeon. Squeezing the ball (attached to your sling) will aid in decreasing the residual swelling in the surgical arm. You may begin to ride a stationary bike or walk when you feel up to it after surgery. However, please be careful and wear your sling while performing lower body exercises. Formal physical therapy may be started immediately after surgery or may be delayed several weeks, depending on the procedure performed. Confirm with your surgeon when he or she would like you to

commence physical therapy. In certain circumstances your surgeon may want you to complete the majority of the exercises on your own.

Medications

Take as prescribed. Narcotic pain medications such as Vicodin (Hydrocodone) or Percocet (Oxycodone) are used for severe pain. They can be taken up to every four hours as necessary. Most patients only require Vicodin or Percocet for the first week. Once pain is better controlled, you may simply take one to two tablets of extra-strength Tylenol every six hours. Take these medications with food. If you have any problems taking the medications, please stop them immediately and notify the clinic.

Pain Management

If you had a nerve block as part of your procedure, you will likely be home before the effects of the block have completely worn off. Therefore, you may experience some numbness and weakness. In many cases, the block will not wear off until the evening. However, you should start taking your pain pills (as prescribed) when you get home, even though the block has not worn off and you are having little pain. If you wait until you have pain to start taking your pain pills, it will be very hard to catch up.

Follow-Up

Your initial follow up visit will be one to two weeks after surgery. These visits will be arranged for you. If you have any questions, concerns or problems between your scheduled visits, please feel free to contact The CORE Institute at 1-866-974-CORE (2673).