

Post-Operative Instructions

Call our office if you have any of the following:

1. Fever over 102 degrees.
2. Yellow, green or foul-smelling drainage
3. A large red area around the incisions.
4. You suspect an allergic reaction to medications or dressing materials. This could be shortness of breath, a rash or redness, hives, etc.

Medication:

1. Take your regular medications as prescribed.
2. You have been given a prescription for pain medication. Please take according to the instructions
3. Some pain medications contain Tylenol. DO NOT take additional Tylenol without discussing with your surgeon. This can lead to liver failure.
4. Do not drive or drink alcohol while you are on narcotic pain medication.
5. Sometimes pain medication causes nausea. If this is severe and doesn't go away, call our office.
6. Pain medication can cause constipation. Drink plenty of water and/or fruit juice. Take milk of magnesia if you become constipated or use a stool softener such as Dulcolax.

Shoulder Arthroscopy

Pain and Swelling:

It is completely normal to experience some postoperative pain and discomfort. The severity of the pain depends on the nature of the surgery and your individual pain tolerance. Several steps have been taken to decrease early postoperative pain.

1. The anesthesiologist may have given you a nerve block (an injection in your neck), to numb your shoulder and arm. This is to help control your pain. Therefore, it is normal to experience some numbness and tingling in your arm and fingers up to approximately 16 to 30 hours.

****DO NOT WAIT FOR THE BLOCK TO WEAR OFF TO START YOUR PAIN MEDICATIONS. IT IS RECOMMENDED THAT YOU START THESE IMMEDIATELY WHEN YOU GET HOME TO AVOID A PERIOD OF SEVERE PAIN****

Ice Machine:

It is recommended by doctor to purchase an ice machine ahead of time to help decrease swelling.

Dressing:

Keep the postoperative dressing clean and dry. **REMOVE YOUR BANDAGES THREE DAYS FOLLOWING SURGERY.** Leave any steri-strips in place and let them fall-off naturally. Keep your incisions covered with a bandage until your first follow-up visit with Dr. Kagel. Sometimes band-aids work well for smaller incisions. You may shower beginning three-days postoperatively. Remove the dressing. Do not allow your shoulder to be submerged in water (swimming or baths) until after your first post-operative visit with Dr. Kagel.