

Shoulder Arthroscopy

This handout explains what to expect before and after shoulder arthroscopy.

Before Surgery

You will have a clinic visit to get you ready for surgery. During this visit you meet with the nurse, physician assistant, and, if able, your doctor. This allows the team to make sure you are healthy and ready for surgery. It also gives you a chance to ask questions.

The Day of Surgery

When you arrive the day of surgery, your team will get you checked in and begin prepping you for your procedure. The team gives you a sling and ice unit to be used after surgery.

You will have general anesthesia. This means that you are fully asleep during surgery. You may also get a nerve block to help control pain. The nerve block makes your shoulder and arm feel numb. This feeling may last for many hours after surgery. The pain is less while the nerve block works (most often 12-18 hours after surgery). Make sure you take your pain medicine around the clock after surgery, so when the nerve block wears off and feeling returns, you are comfortable.

Care after Surgery

Your clinic visits, wound care, and physical therapy appointments will depend on which doctor you have. See the chart on the next page for details. Other cares will be the same regardless of who your doctor is.

Ice Unit

Use the ice unit to help with swelling and pain. You can use the ice unit nonstop the first night after surgery. If you get too cold you may turn the unit off for a few hours. The day after surgery, use the ice unit one hour on and at least one hour off as needed. You can use the ice unit as often as you need the first 1-2 weeks. The ice unit also helps with pain after physical therapy.

Activity after Surgery

Rest as much as you can when you go home. This helps decrease pain and swelling. Do not soak the incisions in water for 4 weeks. This means do not swim, use a hot tub, or do any type of water sports for 4 weeks.

You are told when to start exercises. They may include:

- Hand grips
- Gentle elbow range of motion
- Shoulder shrugs and neck circles
- Pendulum and Codman exercises
- Cane and pulley exercises

Sling

How long you need to wear a sling depends on the type of surgery you have. Wear the sling as instructed. **Do not** drive while using the sling or if you have had narcotic pain medicine in the last 24 hours.

Your Doctor	Wound Care	Appointments
Dr. Baer Dr. Walczak Dr. Grogan	<ul style="list-style-type: none"> • Your shoulder bandage can be removed 2-3 days after surgery. Leave any white steri-strips in place if present. The ice unit pad may also be removed at this time. • You may shower after the dressing is removed. Let the water just run over the incisions. Do not soak. • Place dry band-aids over the incisions after the shower. • Watch for signs of infection (red, draining). Some bruising and swelling is normal. 	<ul style="list-style-type: none"> • You are seen in the clinic 1-2 weeks after surgery to have your stitches out if present. • Schedule your physical therapy to start after surgery. Talk with the physician assistant and your doctor about when to start.
Dr. Scerpella or Dr. Spiker	<ul style="list-style-type: none"> • Your shoulder bandage can be removed 2-3 days after surgery. Leave any white steri-strips in place. The ice unit pad may also be removed at this time. • You may shower after the dressing is removed, but keep the incisions dry until after the sutures are removed at your clinic visit. • When you shower, cover the incisions with Glad® Press'n Seal or water proof band-aids. Tape the edges down so water does not get under the plastic. • After the shower, remove the plastic wrap and apply dry band aids over the incisions. Use gauze for larger incisions. • Watch for signs of infection (red, draining). Some bruising and swelling is normal. 	<ul style="list-style-type: none"> • You are seen in the clinic 1 week after surgery to have your stitches out. • Schedule your physical therapy as soon as you know your surgery date. The first appointment should be set up around the same time as your first visit with your doctor. (It can be the same day or a few days after.)
Dr. Orwin	<ul style="list-style-type: none"> • During your first visit after surgery, your bandage and ice unit pad are removed. Also, stitches are taken out of the small incisions. Small pieces of tape called steri-strips are applied. Band aids are then put over the steri-strips. • Change the band aids daily. • Do not remove the steri-strips. They are left on for two weeks. • You may shower after the dressing is removed, but keep the incisions dry for 2 weeks. After 2 weeks you can shower without covering the incisions. • When you shower, cover the incisions with Glad® Press'n Seal. Tape the edges down so water does not get under the plastic. • After you shower place dry band-aids over incisions. 	<ul style="list-style-type: none"> • You are seen in clinic the day after surgery and then again in 2 weeks. • Schedule your physical therapy to start after surgery. Talk with your physician assistant or nurse practitioner and doctor about when to start.

When to Call the Doctor or Clinic

Be sure to call your doctor/clinic if you have:

- Bleeding that does not stop with direct pressure.
- Fingers that look pale, blue, or are cool to the touch.
- An incision that is red or warm to the touch or has foul smelling drainage.
- Increased pain at the incision sites.
A fever over 100.5°F for 2 readings taken 4 hours apart.

Please call if you have any questions or concerns.

Sports Medicine Clinic

Monday-Friday 8am-5pm

608-263-8850

After hours call the clinic number and your call is forwarded to the paging operator. Ask for the orthopedic resident on call. Leave your name and phone number. The doctor will call you back.

24- Hour Toll Free Number

1-844-607-4800

The Spanish version of this *Health Facts for You* is #5096s

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 3/2018. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5096