



Please place a label with the patient's name here. Make a copy for the Medical Record

## Shoulder Arthroscopy Post-Operative Instructions-Sohail Husain, MD

Procedure Performed: \_\_\_\_\_ Date: \_\_\_\_\_

### General:

- Avoid making any major decisions for the next 24 hours.
  - Call 911 or go to the emergency room if you experience shortness of breath or chest pain.
- Do not Drive until: \_\_\_\_\_      Off all pain medications      Seen in the office and approved  
 Return to Work/School: \_\_\_\_\_      When off pain meds      After follow up visit  
 Return to Work: \_\_\_\_\_      Full Duty      Modified Duty: \_\_\_\_\_

### Medications:

- You have been prescribed the following pain medication: \_\_\_\_\_
- Other prescribed medications: \_\_\_\_\_
- You may take ibuprofen over the counter, 400mg every 6 hours instead of or in addition to the above prescribed medications. Take with food. Discontinue if it bothers your stomach.
- If you had local anesthesia or a nerve block for surgery, you will develop pain when the anesthetic medication wears off. Take some pain medication at the first sign that feeling is returning to the operated extremity.
  - You may take Tylenol (acetaminophen) over the counter instead of the narcotic medication. However, if you take both, you must make sure the total amount of acetaminophen taken in 24 hours does not exceed 4 grams.
  - Narcotic pain medications can constipate you. Take a laxative if you have not had a bowel movement within 24 hours after surgery.
  - You may need an over the counter stool softener such as: Senokot, Senokot-S, Colace or Peri-Colace.

### Care for the Operated Extremity:

- Keep your dressing clean and dry.
  - For bathing, cover the dressing with a plastic bag and secure it so water doesn't drip into the bag.
- You may apply ice to the operative site for 15-20 minutes at a time. Don't apply ice directly to the skin.  
 Use the cryo-cuff instead of direct ice.  
 Do not remove your dressing until seen back in the office for your follow-up appointment.  
 You may remove your dressing in \_\_\_\_\_ days and cover the incision with a band aids.  
 After dressing is removed, the incision may get wet, but do not soak it. Pat dry and cover with a band aid.  
 Wear a Sling:      At all times      For comfort      Until your nerve block wears off  
 Use of operative extremity:      None      No overhead activities      No lifting > \_\_\_\_\_ lbs.  
 Activity as tolerated.  
 Move your fingers, wrist, and elbow frequently.  
 Start pendulum, sawing exercises in \_\_\_\_\_ days.

### It is Normal after Surgery to Experience the Following:

- Pain at the operative site. This is worst for the first 24-48 hours.
- Numbness, if local anesthesia or a nerve block was used.
- Clear drainage or diluted blood on dressing.
- Bruising on the operated extremity.
- Swelling of the operated extremity.

### Call the Office for:

- Increased redness at the operative site.
- Increasing drainage from the wound.
- Temperature > 101.5 F.
- Increasing pain.
- Continued numbness > 24 hours following surgery.

### Follow-up:

- Call the office today at (781) 279-7040 to schedule an appointment for \_\_\_\_\_ days.

Patient's Signature: \_\_\_\_\_ Physician's Signature: \_\_\_\_\_