Shoulder Scope Post-op Instructions

- **Make sure to schedule an appointment to see Michael Rabago PA-C 10 and/or Dr Brown 10-14 days after surgery, if you do not have a follow-up appointment yet please call the office at (602) 324-0618 for our medical assistant or call (602) 667-7964 melissa our surgery scheduler. Please be sure to bring your surgical pictures with you to your first post op visit. Follow the instructions that you received from Dr. Brown's office, if there is any confusion please contact us via email: info@leahbrownmd.com**

- **Dressing:** Leave the post-op dressing intact for the first **72 hours** after surgery. After this you may take down the dressing and may shower, let water run over the incisions, do not scrub and no soaking, allow them to dry completely and then may cover with Band Aids.

- If you have had a **rotator cuff repair, stabilization or labral repair** your post-operative brace should be worn for 3-4 weeks after surgery unless otherwise instructed. You are encouraged to remove your arm from the immobilizer several times a day to bend and straighten your elbow, use your hand such as squeezing a ball, and doing pendulum exercises (circle with the elbow straight and arm close to the body).

- If you have had a **decompression or lysis of adhesions** a simple sling is applied after surgery and you are free to move the arm as you feel comfortable and discontinue the sling as soon as 48 hours after surgery. However, it is prudent that you do not do too much with the arm. Do not lift any weights or do any strenuous activities until returning to see us in the office following your surgery.

- **Ice**: It will take approximately a few days for the inflammation process from the surgery to come to a peak. It is very important to ice and elevate during this time. Ice for 20-30 minutes every hour, while you are awake, for the first 2-3 days. Then Ice 3-4 times per day for 20-30 minutes base on the amount of swelling that is present.

- **Therapy:** Formal physical therapy will start within a few days to one weeks post op.

- **Warning Signs:** Notify Dr. Brown immediately if you experience any chills, fever over 101.5 degrees, drainage from the incision, calf pain or chest pain. If your pain medication is not adequately controlling your pain, please let us know.

- **Medications**: *Y*ou will be provided prescriptions for pain and anti-nausea medication after your surgery. *T*ake both medications as needed according to instructions on the bottle. *F*or the first *24* hours, it is usually advisable to take the pain medication at regular intervals. *P*articularly in cases where a nerve block was performed by the anesthesiologist, taking pain medication regularly will help keep you comfortable as the block wears off. *U*nless otherwise instructed – and with the exception of pain medication you may have been taking before surgery – you should resume your other medications after your operation.

- **Narcotics:** Narcotic medication is prescribed in a standard fashion post-operatively. Any deviation of the standard use of narcotics should be addressed through your primary care and/or pain management physician. If you have any non-anaphylactic reactions such as itching, or profound nausea, contact the office so your medication can be exchanged.