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FREQUENTLY ASKED POST-OPERATIVE QUESTIONS (FAQ's) FOR ARTHROSCOPIC SHOULDER SURGERY

SHOULDER SLING +/- ABDUCTION PILLOW

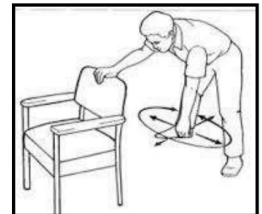
You will be wearing your sling +/- abduction pillow **AT ALL TIMES** except for hygiene or therapy.
You will be wearing your sling +/- abduction pillow **WHILE YOU SLEEP.**

Length of time you will wear your sling depends on your surgery:

- Scope Surgery for Stiffness or Adhesive Capsulitis – 1 week and Sling for Comfort Only
- Labral Surgery / Shoulder Stabilization / Biceps Surgery - 4 weeks
- Rotator Cuff Surgery (Small to Medium Tear Size Repair) - 4 weeks
- Rotator Cuff Surgery (Large Tear Repair or Muscle Transfer Surgery) - 6 weeks

- **NO** active motion of the shoulder is allowed immediately post-operatively.

- Gentle daily shoulder pendulum (as demonstrated in the photo to the right) is **OK** to start three days after surgery. **NO PAIN.**
(Please do it in 10 min Sessions x 3 times per day)



- Motion of the Elbow / Wrist / Hand is **OK** and **ENCOURAGED DAILY.**

- Grip exercises are also **ENCOURAGED DAILY.**

- You may use your arm to assist with dressing, eating, and personal hygiene unless specifically instructed not to by Dr. Li.

PLEASE TAKE A 81MG ENTERIC COATED ASPIRIN ONCE DAILY STARTING ON POST OPERATIVE DAY #1 FOR 4 WEEKS

Do not take the Aspirin if you are currently on a blood thinner (Coumadin, Plavix, etc) or have stomach pain with taking anti-inflammatory medications or had a history of gastric bypass surgery.

PLEASE DO NOT TAKE ANY PRESCRIPTION ANTI-INFLAMMATORY MEDICATION FOR 1 MONTH (i.e Naprosyn / Mobic / Celebrex / Ibuprofen) IN ADDITION TO THE ASPIRIN.

CRYOTHERAPY or COLD THERAPY

Cryotherapy (Cold therapy) is a **very important** part of pain control after surgery. The cold temperature will help control swelling and reduce pain. This can be done several ways – with an ice pack or a cold therapy unit. Cold therapy units are more effective in concentrating the cold to the surgical site via a molded wrap. Cold water is then circulated through the wrap, delivering cold to all sides of the joint.

Cold therapy units come 2 ways - Cold therapy only and Cold therapy with compression: Cryocuff® (cold only) – cold therapy via a molded wrap. You may elect to use only an ice pack or a Cryocuff®.

Use Ice or Cryocuff as often as possible for the first 14 days, then as needed for pain relief. Do not wrap the shoulder wound too thickly or the Cryocuff cold may not penetrate as well. Do not use the Cryocuff or Ice for a prolonged time directly onto the skin to avoid frostbite to the skin

There will be more swelling on days 1-3 than you had the day of surgery. This is Normal. The swelling is decreased by using Ice or Cryocuff and over time.



POST OPERATIVE WOUND CARE

- You may remove the Operative Dressing on Post-Operative Day # 3 (Scope Portals)
- You may remove the Operative Dressing on Post-Operative Day # 5 (Incision from Muscle Transfer)

Apply Band-Aids to the wounds. **DO NOT REMOVE** the Steri-strips. Please **DO NOT USE** Bacitracin or other ointments on the incision. For larger incisions, gauze dressing may be used on the incision (you can purchase these at the local pharmacy – CVS / Walgreens / Etc.).

There may be a small amount of bleeding and/or fluid leaking at the surgical site. **This is Normal.** The shoulder is filled with fluid during surgery, sometimes causing leakage for 24-36 hours or longer. You may change or reinforce the bandage as needed.

There will be more swelling on days 1-3 than you had the day of surgery. **This is Normal.** The swelling is decreased by using Ice or Cryocuff and over time.

You may shower on Post-Operative Day 3 using a water-tight plastic wrap over your shoulder. Using Glad. This is Normal. The Cling Wrap or Press'n Seal around a plastic bag on top wrapped with tape on either side of your shoulder to create a watertight seal is most recommended. After showering, please dry the incision area and cover with small Band-Aid for the arthroscopic portal sites or sterile gauze.

If the incision is clean and dry **after 7 days from surgery**, you may shower with the wound exposed to the water **WITHOUT** scrubbing the area. You may gently wash the area **around** the incision with a washcloth, then gently pat the area dry.

ALWAYS KEEP THE WOUND CLEAN AND DRY. Do not soak the shoulder in water. **Do not go swimming** in the pool, hot tub or ocean until 4 weeks after your sutures are removed.

DRIVING INSTRUCTIONS and RESTRICTIONS

****IMPORTANT** - ABSOLUTELY NO DRIVING WHILE TAKING ANY NARCOTIC PAIN MEDICATION (VICODIN / PERCOCET / OXYCODONE, etc.)** - it is against the law to operate a motor vehicle under the influence of any controlled substances (even when legally prescribed). Narcotics impair both motor ability and judgment.

As a result of your surgery, your reaction time will be greatly slowed down, impairing your physical ability to safely drive a vehicle. Therefore, if an emergency arises while attempting to drive to early – i.e. you need to slam on breaks, depress the clutch, or turn the wheel –you may not be able to react as quickly thus potentially risking harm to yourself or others or the operative shoulder.

If your **DOMINANT SHOULDER** is the operative side, you **MAY NOT DRIVE FOR 6 WEEKS**. It is important to regain adequate muscle strength and control in your dominant upper extremity and arm before attempting to shift gears or use the steering wheel.

If your **NON-DOMINANT SHOULDER** is the operative side, you may drive a few days **AFTER** you finish taking your pain medication. It is important that you feel very confident in your ability to respond efficiently before attempting to drive.

DO NOT USE YOUR OPERATIVE SHOULDER/ARM TO OPEN THE CAR DOOR

FIRST FOLLOW-UP AFTER SURGERY

You should have your follow-up appointment scheduled at the time of the preoperative visit and prior to surgery date with Dr. Li's physician assistant. If you do not have a scheduled postoperative visit, please call the office to schedule a follow-up appointment for 10-14 days after your surgery date.

- (617) 638-5633 (BMC - Shapiro Office)
- (617) 358-3400 (BU - Ryan Center)
- (617) 638-8932 (Anisse Rodriguez – Dr. Li's Scheduler)

Please bring your arthroscopic pictures (given to you in the recovery room after surgery) with you to your first postoperative visit. Dr. Li's physician assistant will review these arthroscopic pictures with you during this visit and will also outline your post-operative physical therapy protocol. Please start your

physical therapy as soon as possible unless otherwise instructed differently by Dr. Li's physician assistant. If you were given a PT script in the PACU, then please start your PT one week after surgery.

If you lost the physical therapy script or the protocol, please call Dr. Li's office at the numbers above and go to Dr. Li's website to get the updated PT protocol. (www.tigerortho.com)

ADDITIONAL FOLLOW UP APPOINTMENTS

Your first visit with Dr. Li after surgery is about 8 to 10 weeks from the date of your surgery.

Please make appointment to see him at your 2-week post-operative visit with his physician assistant.

If you have any questions regarding the surgery or the arthroscopic pictures, please bring the pictures with you and ask Dr. Li the questions when you see him.

CHECKLIST

- Identify a Caregiver/family member to help with preparing meals, hygiene, dressing, and activities of daily living (cleaning, shopping, pet care, etc).
- Identify a Caregiver/family member to assist in driving you to and from appointments.
- Make your post-operative appointment (~10-14 days after surgery) with Dr. Li's PA.
- Make your post-op Physical Therapy appointment after surgery to see someone in 1 to 2 weeks from surgery. The PT script will be given to you in the PACU or at the first postoperative visit.
- Have your pain medications filled at the pharmacy by your family members before you go home so that they are available for you.
- Please visit Dr. Li's website if you have any additional questions (www.tigerortho.com)

PLEASE NOTIFY OUR OFFICE IMMEDIATELY IF ANY OF THE FOLLOWING OCCURS

Boston Medical Center - Phone Number (617) 638-5633

- Excessive bleeding from the incision site
- Excessive non-bloody wound drainage beyond the first 7 days from surgery
- Poor pain control with your medications
- Numbness or tingling of the hand not related to bruising.
 - If you had a shoulder block, then numbness and tingling is expected for the first 48 hours. Please contact the anesthesiologist if you have persistent numbness after the first 48 hours.
- Fever > 101.5° after postoperative day #3
- Increased redness along incision
- Calf pain or leg swelling
- Shortness of breath or Chest Pain
- Any other major concerns /questions

