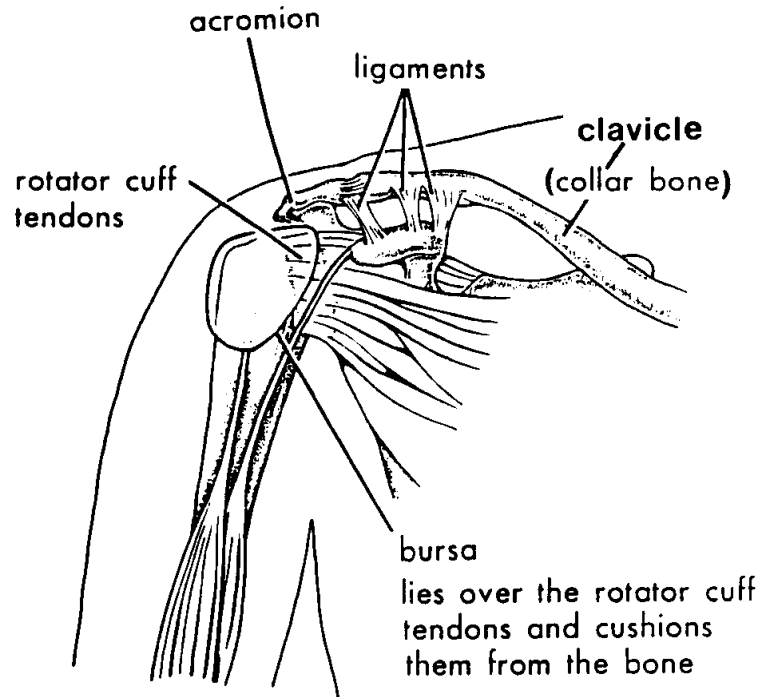


After Shoulder Arthroscopic Surgery Discharge Instructions

Including:

- Examination of Joint
- Debridement of Joint
- Removal of Loose Bodies

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Anatomy of the Right Shoulder

General Information

This procedure is done in the operating room under a General Anaesthetic. A lighted telescopic lens called an 'Arthroscope' is used to directly look inside the shoulder joint. The procedure is done to examine the joint and do minor surgeries (i.e. cleaning joint surfaces, removing pieces of bone, tissue, screws/staples from previous surgeries). A few puncture wounds are made in the shoulder area in order to place the arthroscope and instruments.

The procedure takes between 45 minutes to 1 1/2 hours. You are then taken to the recovery room and after a determined period of time, you are discharged home.

Important Points in Treatment

Bleeding

The dressing may become moist and blood soaked. This is usually not a cause for concern.

If the dressing becomes soaked with blood, apply firm steady pressure over the area for 10-15 minutes or until the bleeding stops.

Swelling

Your shoulder will be swollen and somewhat uncomfortable for 24-48 hours after your operation. This is normal and partly due to the fact that some fluid is injected into the shoulder during the procedure.

Apply covered ice packs over the shoulder for 10-20 minutes every 2-3 hours as needed to reduce swelling and pain. (**Do not put ice in direct contact with the skin.**) A plastic bag with ice cubes or a bag of frozen peas [*do not eat after use as ice pack*] placed in a pillow case or towel works well.

If you have swelling in your arm or hand, we recommend elevating the arm on pillows and pumping the hand (opening and closing your hand repeatedly) 3 times a day until the swelling goes away. This is best done when lying flat.

Dressings/Bathing

The dressing may be removed the day after surgery. If there is any oozing from the incision, put on a new bandage. Bandages can be purchased at any local drug store.

You may shower in 3 days if the incision is dry and healing.

Do not remove the steri-strips (tapes) that are over the wounds. If they fall off, replace with bandaids until your follow-up appointment.

Pain

Take the pain medications as ordered by your surgeon. Covered ice packs may also decrease pain.

Do not drink alcohol when taking pain medication.

Diet

Remember that a well-balanced diet is important for wound healing.

Include high fiber in your diet to prevent constipation especially if taking Tylenol #3's or Codeine.

Do Eat:

- grain breads
- bran cereals (All Bran, Bran Buds, Fruit & Fiber)
- fruits (prunes, raisins, dates, bananas, apples)
- vegetables (broccoli, corn, beans, potatoes)

Ask your doctor or pharmacist about a mild laxative or stool softener, if needed.

Activity/Exercise

Recovery after surgery is gradual. It is normal to feel weak and to tire easily during your first week or two at home. Alternate your periods of rest and activity.

To improve the movement and circulation to your wrist, hand, forearm and elbow, we encourage you to move them frequently.

Avoid stressing the shoulder joint. Do not carry objects or do heavy physical activities.

Plans for returning to work are dependent on the nature of your job as well as your general health and recovery. Discuss this with your doctor.

If you are involved in a car accident after surgery and it can be shown that your ability to drive carefully (swerve sharply, check over your shoulder, etc.) was affected by your shoulder condition, then your insurance claim might not be valid. Take this into account when you are considering your ability to drive. Consult with your doctor.

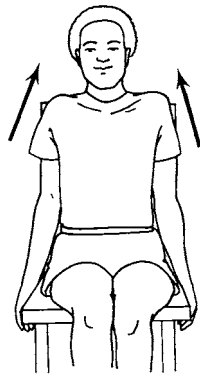
Shoulder Exercises

Spend about 15 minutes 3 times a day exercising your shoulder. Start with “shoulder shrugs” and “pendular swings” according to your comfort level. Putting ice packs on your shoulder before and after your exercises may reduce pain with activity.

If you have difficulty understanding or doing these exercises, contact the physiotherapist that you will be seeing for your shoulder rehabilitation program or contact your surgeon.

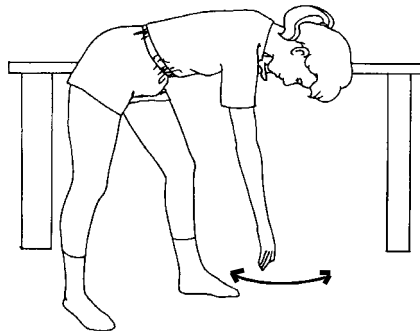
1. Shoulder Shrugs

- Sit upright in a chair (*don't lean against the back of the chair*).
- Pull both shoulders up toward your ears — count to 5 slowly — relax, letting your shoulders drop down slowly.
- Repeat 10 times.



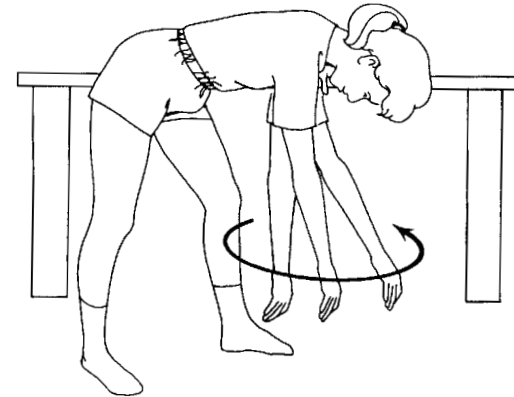
2a. Pendular Swings

- Rest your good arm on the edge of a table.
- Bend over from your waist.
- Allow your affected arm to hang down - it should hang limp and loose.
- Breathing deeply in and out can improve shoulder and arm relaxation.
- Swing it back and forth for a smooth pendular motion about 10 times.



2b. Pendular Swings

- Now allow it to circle gently in a clockwise direction with circles that grow gradually larger. Repeat 10 times.
- Now go counter clockwise. Repeat 10 times.



Follow-Up Appointment

Ensure you keep appointments for follow-up care with your doctor. Contact your doctor's office to arrange for an appointment.

Notify the Doctor or go to the Emergency Department if any of the following happens

- persistent bleeding continues even after applying direct pressure to the area for 10-15 minutes
- chills and/or fever of 38.5°C or 101.3°F or higher
- pain not relieved by prescribed medication
- persistent nausea and vomiting
- wound redness, swelling, warm to touch and/or pus-like (yellow/green) drainage
- you notice signs of circulation problems (numbness, coolness, change in skin color, arm pain, difficulty moving fingers/hand/elbow) which is not relieved by loosening the sling or elevating the arm on pillows while lying flat
- you are unable to pass urine for more than 8 to 10 hours even though you have been drinking plenty of fluids.

Besides these general instructions remember also:

For more copies, email **phem@vch.ca** and quote
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The information in this document is intended solely for the person
to whom it was given by the health care team.

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