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**CENTRAL INDIANA
ORTHOPEDICS**

POSTOPERATIVE INSTRUCTIONS ARTHROSCOPIC SHOULDER SURGERY

DIET

- Begin with clear liquids and light foods (Jellos, soups, etc)
- Progress to your normal diet if you are not nauseated

WOUND CARE

- Maintain your operative dressing. Loosen bandage if swelling of the elbow, wrist, or hand occurs.
- It is normal for the shoulder to bleed and swell following surgery -- if blood soaks onto the bandage, do not become alarmed -- reinforce with additional dressing.
- Remove surgical dressings on the 2nd post-operative day -- if minimal drainage is present, apply band-aids or a clean gauze dressing over incisions and change daily.
- To avoid infection, keep surgical incisions clean and dry. You may shower by placing a large garbage bag over your brace starting the second day after surgery -- **NO IMMERSION** of operative extremity/site (i.e. bath/pool/hot tub)

MEDICATIONS

- Pain medication is injected into the wound and shoulder joint during surgery. This will wear off within 6-12 hours
- Most patients will require some narcotic pain medication for a short period of time. This can be taken as directed on the bottle.
- Common side effects of the pain medication are nausea, drowsiness, and constipation. To decrease the side effects, take medication with food. If constipation occurs, consider taking an over-the-counter laxative
- If you are having problems with nausea and vomiting, contact the office to possibly have your medication changed
- Do not drive a car or operate machinery while taking narcotic medication
- Ibuprofen 200-400mg (i.e. Advil) may be taken in-between the narcotic pain medication doses to help smooth out post-operative 'peaks and valleys', reduce overall amount of pain medication required, and increase the time intervals between narcotic pain medication usage

ACTIVITY

- When sleeping or resting, inclined positions (ie reclining chair/Lay-Z-Boy) and a pillow under the forearm for support may provide better comfort
- Do not engage in activities which increase pain/swelling (lifting or any above shoulder activities) over the first 7-10 days following surgery
- Avoid long periods of sitting (without arm support) or long distance traveling for 2 weeks
- **NO DRIVING** until instructed otherwise by physician
- May return to sedentary work **ONLY** or school 3-4 days after surgery, if pain is tolerable



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SHOULDER SLING/IMMOBILIZER

- Your sling should be worn for comfort purposes. It is not mandatory to wear
- Be sure to come out of your sling 4-5 times per day in order to move your elbow and prevent elbow stiffness

ICE THERAPY

- Begin immediately after surgery. DO NOT apply ice or ice unit directly to skin, have a barrier
- Use icing machine continuously or ice packs (if machine not prescribed) every 2 hours for 20-30 minutes daily until your first post-operative visit. Remember to keep your leg elevated to level of the chest while icing

EXERCISE

- Begin pendulum, elbow, wrist, and hand exercises starting 24 hours after surgery. Complete 3-4 times per day until your first post-operative visit
- While maintaining your arm against the pillow but out of the sling, begin elbow/wrist/hand range of motion exercises starting 24 hours after surgery. Complete 3-4 times per day until your first post-operative visit.
- ** If you had a biceps tenodesis with your rotator cuff repair, do not perform elbow range of motion activity
- Discomfort and stiffness is normal for a few days following surgery.
- Formal physical therapy (PT) will begin 2-3 days after your surgery day

EMERGENCIES**

- Contact Dr Camilleri or his assistant Becca Corya at 800-622-6575 if any of the following are present:
 - Inability to urinate 8 hours after surgery
 - Painful swelling or numbness
 - Unrelenting pain
 - Fever (over 101 degrees -- it is normal to have a low grade fever for the first day or two following surgery) or chills
 - Redness around the incisions
 - Color change in wrist, hand or fingers
 - Continuous drainage or bleeding from incision (small amount of drainage is expected)
 - Difficulty breathing
 - Excessive nausea/vomiting

**** If you have an emergency after office hours or on the weekend, contact 800-622-6575 and you will be connected to our pager service. They will contact Dr Camilleri or one of his partners if he is unavailable. Do not call the hospital or surgery center.**

**** If you have an emergency that requires immediate attention, proceed to the nearest emergency room**