

Arthroscopic Shoulder Instability

Post Operative Instructions

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Medications

***Pain** (Hydrocodone/Acetaminophen, Darvocet, Vicodin, Norco, Lortab)
You have been prescribed a strong narcotic analgesic for pain. Take regularly as prescribed and as needed for pain. A common side effect of this medicine is constipation. Please make sure you add fiber or a stool softener if necessary and drink plenty of fluids to help avoid this.

***Non-Steroidal Anti-Inflammatory** (Ibuprofen)
Unless otherwise directed, take Ibuprofen 600mg every 8 hrs with food for the first 7 days following surgery. ***Do not take this medicine if you are taking a blood thinner (Plavix, Coumadin), or have a history of an ulcer, bleeding disorder, kidney problems, or drug allergy.***

***Antibiotic** (Keflex, Clindamycin)
If prescribed, please take this medicine as instructed.

***Antiemetic** (Phenergan)
This medicine should help if you are nauseous after your procedure. If you cannot tolerate this medicine, please contact the office as there may be an alternative.

Diet

Keep to a light diet the day of surgery. You may advance to your usual diet the day after surgery.

Activity and Shoulder Immobilizer

Feel free to move around as comfort allows while in your immobilizer. Use a soft ball for squeezing exercises to keep your fingers and hand supple. Unless otherwise directed, while seated, feel free to come out of you sling to bend and straighten your elbow several times a day.

Cold Therapy

You may have been sent home with an Iceman for your shoulder. Use frequently for the first 10 days after surgery. Make sure pad does not directly touch skin.
For questions and problems with the Iceman call Texas Brace System 817-416-7400 on call line 24 hours.

Dressing Change

Unless otherwise directed, you should remove your dressing on the day after surgery. Use band-aids to cover surgical sites and change at least twice per day.

Showering

Do not get the dressing or your incisions wet. You may use an occlusive dressing (water tight band-aids) until otherwise directed.

Physical Therapy

Will likely start 2-3 weeks post-operatively. Further instructions will be given at that time.

Post Operative Appointment

Please call us for an appointment. We want to see you within 3 to 5 days after your surgery.

To Do List:

- ✓ Ice for Iceman
- ✓ Band-aids (regular and water tight)