

Shoulder Arthroscopy

Prisma Health Orthopedics

The Sports Medicine Center

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We hope that that following information will help you prepare for your surgery, give you an idea of what to expect after surgery, and make your surgical experience as pleasant and easy as possible.

Pre-operative Instructions:

- Do not eat or drink anything after midnight the night before your surgery.
- Please discontinue aspirin and anti-inflammatory medicines such as Motrin, Aleve, Advil, and Ibuprofen 10 days before your surgery if possible to minimize bleeding.
- If you take a diet medication that contains phentermine (Adipex) you must discontinue use of it 2 weeks prior to surgery.
- You may take anti-inflammatory medicines such as Celebrex or Mobic prior to surgery because these medicines do not affect your bleeding time or clotting capability.
- Please discontinue the use of any herbal supplements two weeks before your surgery to minimize anesthetic risks. Some herbs are biologically very important. The following specific herbs should definitely be discontinued prior to surgery: valerian, echinacea, ephedra, ginkgo, kava, garlic, ginseng, and St. John's wort.
- **Anesthesia:** The type of anesthesia used is between you and the anesthesiologist. However, we recommend that you strongly consider a general anesthetic with an interscalene nerve block (a numbing shot). The nerve block may significantly help with postoperative pain, particularly the first eight hours following surgery.
- If you are over the age of 55 or have any significant medical problems such as hypertension, diabetes, or heart disease, please contact your primary care physician to discuss what your risks may be of sustaining a medical complication during or after surgery. We will be happy to refer you for a pre-operative medical consultation when necessary as well.
- Make certain that you arrange for someone to drive you home the day of surgery and stay with you the night of surgery.

Pre-Operative Wash:



- Benzoyl Peroxide wash – Starting two days prior to surgery, Wash the entire arm and side of upper body (Chest, armpit and abdomen) for the side that you are having surgery. Be thorough when you clean your shoulder/elbow and armpit. The armpit should be the last area that you cleanse. Repeat the morning of surgery, For a total of three days.
- Benzoyl peroxide wash can bleach colored clothing. Therefore it is recommended to use a white towel to dry the area after washing.
- Benzoyl peroxide wash 10% is best, this can be found at most stores in the facewash section (acne wash), It typically costs around \$5. If you are unable to find this please ask the pharmacist.

Surgery:

- Surgery is done very effectively as an **outpatient**.
- **Surgical time** is usually between one to two hours after induction of anesthesia, positioning, and sterilely preparing the operative shoulder.
- A sling will be provided to you on the day of surgery by the hospital or surgery center.
- **Time in the recovery room** immediately after surgery is usually between one and two hours.
- Wear an oversized t-shirt or something comfortable to surgery for easy dressing afterwards.

Post-operative Instructions:

- **Pain** is significant but manageable with narcotic pain medications for the first few days. Narcotic pain medications may be necessary for up to 4 weeks for the average person. You may also take anti-inflammatory medicines with the narcotic medicines after surgery. **Be aware that use of narcotic pain medication may cause constipation. You may use over the counter stool softeners or laxative as needed. Drinking large amounts of fluids will help with this as well.**
- **Post-op medications:** Aspirin 325mg-take 1 tablet daily for 3 weeks to help with preventing any blood clots. Also Ondansetron (Zofran) 4mg -take as needed for increased nausea/vomiting and prescription for narcotics, which is to be used for pain control. These all will be sent to your pharmacy on file with our office before surgery. Please pick up medications at your pharmacy. **Please bring them with you for review the day of surgery.** You may alternate these medications every 3 hours as needed to control pain.
- **Pain control:** Pain is usually controlled by the combined use of a ice bag, narcotic medication, and anti-inflammatory medication. Even if your surgery is accomplished arthroscopically, you can expect significant pain the first few days after surgery. It is better to take the pain medicines as prescribed to minimize discomfort. You may also take anti-inflammatory medicines (Aleve, Advil, and Ibuprofen) but not Tylenol because your narcotic medications already contain Tylenol. **Refill requests for pain medication called in after 3:00 pm may not be responded to until the next business day.**
- **Do's and don'ts:**
- You may:
 - use your hand and fingers
 - straighten and bend your elbow (without moving your shoulder)
 - you may raise your shoulder passively (by lifting it with your other arm, resting it on a table or counter, or having someone else hold it for you) for getting dressed and hygiene
- Please do **not**:
 - raise your arm with your shoulder muscles
 - lift anything heavier than 3 to 5 pounds with the operative arm
 - remove your sling (except for changing clothes or bathing) without asking your doctor (see "Post-operative instructions" given on the day of surgery)
- **Showering:** You may change the dressing and shower 48 hours after your surgery. Place band-aids over your incisions. You may bathe before 48 hours after surgery but please keep the bandages on your shoulder dry (use a plastic bag or plastic wrap or bathe in a bathtub).
- **Sling:** A sling may be necessary for up to 1 to 3 weeks after your surgery depending the recommendations of your physician. It is very important to remain in the sling at all times until further instructed by your surgeon.
- **Icing:** Postoperatively, an ice bag may be placed around the surgical area. This is recommended to reduce swelling, decrease pain, and decrease inflammation. When applying this to your shoulder, please do not allow the ice bag to directly touch your skin because this may cause blistering. Place the wrap around your shoulder over clothing (T-shirt) to prevent skin problems. After the first 48 hours, it is no longer necessary to use this continuously but only as needed for pain and swelling. Ask your nurse in the recovery room prior to discharge if you have any questions.
- **Sleeping:** Most people find sleeping in a recliner chair to be the most comfortable for the first few days after surgery.
- **Driving time:** Driving may be accomplished when you are no longer taking narcotic pain medications. If you are required to wear a sling, consult your physician prior to driving, but you may drive if you are comfortable doing so.

Driving with automatic transmission (as compared to manual transmission) is recommended. Most people do not drive after the surgery for at least 10 days. PLEASE DO NOT DRIVE WITH YOUR SLING ON

- What about bleeding? Do not be alarmed if you see some bloody drainage on the outside of your dressing. It is normal to have some bleeding, even after arthroscopic surgery. You may reinforce your dressing with additional gauze pads or wraps, but try not to remove the initial dressing until 48 hours after your surgery.
- Physical therapy: P.T. visits will be needed twice a week for up to 4 months depending upon the individual. Therapy is extremely important to achieve the best result possible from surgery. The goal of therapy is to maintain shoulder mobility and deltoid muscle mass while the rotator cuff heals. Once healing has occurred, strengthening of the rotator cuff may be initiated. We will schedule your therapy visits within the first week after surgery.
- Swelling: Significant swelling is normal for the first week after surgery.
- Healing time: Recovery after surgery takes time. Your skin sutures are usually removed within two weeks after surgery if removable sutures are used. Return to activity will depend upon the procedure that is performed. It may take up to 3-6 months for a return to activity. Most patients feel they have completely recovered somewhere between 6 and 12 months after surgery. Your physical therapist will explain more to you about how to move your shoulder without jeopardizing your surgery.
- Return to work: For a sedentary, desk type of job, one can generally expect to return to work in one week. Reduced hours may be necessary initially. For a moderately strenuous job one can expect to return around six weeks after surgery for one handed duty if available. For a strenuous job with no light duty available, return to work time can be up to four to six months after surgery.
- Out of Work Forms: Please provide our office with any forms from work that need to be addressed. The time required to complete these forms is reduced if you answer the non-medical questions (name, address, employer information, date of injury, etc.) prior to turning them over to us. We ask that you allow our staff 7 days to complete these forms.
- Surgical complications: Most patients hopefully will experience no complications and enjoy a rewarding return to regular activities. Most surgical procedures do not have post-operative complications, but there is a possibility. Should any of these complications include infection, medical complications from anesthesia, blood clots, severe loss of motion necessitating additional surgery, re-rupture of the repair, residual shoulder pain, or nerve injury. **In the event that you have a post-operative complication, please call the on-call physician (After 5:00 pm call 803-296-9200).**

We hope that your experience with the Prisma Health Orthopedic is as pleasant as possible. Dr. Holmes is Board-certified by the American Board of Orthopaedic Surgery and Fellowship-Trained in Sports Medicine and the arthroscopic treatment of knee, shoulder, elbow, and ankle disorders. It is his ambition to return you to activities that you enjoy in the most minimally invasive manner possible utilizing both non-surgical and surgical methods.

We will be contacting you closer to the time of surgery to discuss benefits. Prisma Health Orthopedics will collect the physician portion prior to surgery. You will receive bills afterwards for any facility fees or anesthesia; they are separate from the physician fee. Please understand we will try our best to make these estimates as close to the correct amount as possible, but they are estimates and it could change if the procedure changes. If you have any questions or concerns please contact our care team at 296-9260.

Office Locations:

Monday 100 Palmetto Health Parkway, Suite 320, Columbia SC 29212

Tuesday 104 Saluda Pointe Dr., Lexington, SC 29072

Thursday 104 Saluda Pointe Dr., Lexington, SC 29072

Wednesday and Friday-Surgical days