

MARSHALL L. COOK, M.D.



ARTHROSCOPIC SURGERY
ORTHOPAEDIC SURGERY
SPORTS MEDICINE

POST SHOULDER SURGERY PROTOCOL

After surgery you will have a large, bulky dressing and be in a sling/immobilizer. DO NOT remove the sling/immobilizer. The dressing frequently gets spotted or soaked with arthroscopy fluid and a little blood. This is OK. Leave the dressing on until instructed to remove it. If the dressing is soaked and coming off, call the office to arrange for a dressing change. You will need to wear loose clothing that will fit over your arm or split the side of some tops and fasten under the effected arm.

For the first 48 hours after surgery ice should be applied on top of the dressing at least three times a day for 20 minutes to help control the pain and swelling. Put the ice in a leak proof container to avoid getting the dressing wet.

PAIN MEDICATIONS should be taken no more than 4 times daily. This is to ensure that the prescription will last the required 7 days before another prescription may be authorized. After the first week, you should start tapering off and by 3 weeks, should be totally off medications.

For prescription refills, call your pharmacy and have them call/fax the refill request. Please allow 24 hours for this to be managed by this office and the pharmacy.

ACTIVITY and use of the sling should be followed as specifically instructed upon discharge. DO NOT CARRY, LIFT, OR REACH with the surgical arm.

If you are out in the sun, keep your incision covered as to protect from sunburn.

COUGH AND DEEP BREATHE every 2 hours while awake to help prevent the lungs from becoming congested and to help keep down any fever.

It is common to have a low-grade fever (100-101) for the first 4-5 days following surgery. Usually one is sent home on antibiotics for 2-3 days. Call the office about a fever if it is associated with steadily increasing pain, chills or shakes, or if the temperature is over 101.

If you develop a rash, try to keep cool and you may use Benadryl. If you develop facial swelling or wheezing, please call the office.

After surgery you will be asked to return to the office in approximately one week unless instructed to come in sooner.

You will be told when you can start showering. You will need assistance and a shower chair (or a plastic lawn chair). Get seated in the shower and lean forward, have your assistant remove the sling/immobilizer and rest your forearm on your lap, away from your torso. Have them wash underneath the arm for you. Blot dry, do not rub the incision. Once dried off, have them replace the sling/immobilizer before getting out of the shower. This helps minimize injury to any repairs.

You should schedule your rehab appointments starting a week after surgery with the Physical Therapist of your choice. If you do not know of one, we can provide a list of therapists to you. The prescription will be in your discharge papers.