



## Duke Orthopaedics: Upper Extremity Division

*Christopher Klifto, MD & Alix Ackerman NP-C*

3609 SW Durham Dr, Durham, NC 27707

### **Discharge Instructions after Shoulder Arthroscopy (scope)**

#### Dressings:

-A dressing was placed on your shoulder in the Operating Room. Please leave dressing in place for 3 days. With shoulder scope, dressing may become saturated from water used during procedure-this is normal

#### Pain Management/Medications:

-Use ice on the arm intermittently over the first 48 hours after surgery and as needed thereafter.

-Please resume all normal medications the day after surgery unless otherwise instructed.

-Please take a baby Aspirin (81mg) twice a day for 4 weeks to help prevent blood clot formation. If you take other blood thinners or are unable to take aspirin, please let us know.

-Pain medicine has been prescribed for you. Use your medication liberally as directed over the first 48 hours, and then begin to taper your use.

-No driving or drinking alcohol while taking narcotic pain medication

-You may take Extra Strength Tylenol or Tylenol in place or in conjunction with you prescribed pain medication. Do not exceed 4,000mg Tylenol per day (including Tylenol in certain prescribed pain medications like Percocet or Norco)

#### Activity:

-A sling has been provided for you. Remain in your sling at all times until cleared by our team or physical therapy.

-Sleep: You must sleep in the sling until sling is discontinued. Patients typically have less pain sleeping in a semi-reclined position.

-Avoid weight bearing with the operative upper extremity until your follow-up appointment. Do not push or pull with that arm. Do not lean on operative side through hand or elbow.

-No lifting greater than 0 pounds

-To prevent hand swelling: Move your fingers, squeeze crumpled magazine pages, keep your hand elevated above your elbow, and keep your elbow above your heart

-Showering: sling may be removed, but keep arm at side. To wash operative armpit, lean forward and/or toward operative side so your arm passively moves away from the body. DO NOT raise your arm actively!

#### Contact:

-Contact the office or emergency on-call resident if you notice any of the following:

-Excessive redness or warmth of the incisions

-Drainage for more than 4 days after surgery

-Fever of more than 101.5 F

-Worsening numbness of the hand

-Pain, redness, and swelling in your leg

**-Go directly to the closest Emergency Room if you develop chest pain, difficulty breathing, or any complications that require immediate attention.**



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Follow-up:

**You should have a post-operative appointment about 14 days after your surgery. A post-op appointment should already be scheduled for you. If you do not have an appointment in 2 weeks or if you need to change the appointment, please call 919-471-9622.**