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Specialist in Upper Extremity Surgery, Joint
Replacements & Post-Traumatic Reconstruction



Brant Community
HEALTHCARE SYSTEM

POSTOP INSTRUCTIONS:

Shoulder Arthroscopy – No Cuff/Labral Repair

DIET:

Begin with liquids and light foods (jello, soup, etc). Progress to your normal diet if you are not nauseated.

MEDICATION:

1. Pain Medication:

If you received a nerve block, you will likely start to feel pain approximately 12-24 hours after surgery. Take some pain medications as soon as you feel the pain coming or before you go to sleep at night time.

If your pain prescription is for Hydromorphone (Dilaudid), you may take Tylenol (Acetaminophen), in addition, if needed. However, if your pain prescription is for anything else, **DO NOT** take Tylenol (Acetaminophen) in addition, as your narcotic will likely already contain Acetaminophen in it.

Do not drink alcohol while taking pain medication. Wean off pain medication slowly as the pain improves and try to use Tylenol/Advil instead of the narcotics when possible.

2. Stool Softener:

Pain medication can cause constipation. Be sure to drink plenty of water and take an over the counter stool softener as needed.

ICE:

You may apply ice to the operative area. Do **NOT** put ice directly on your skin. Place a thin layer of clothing or pillow case between ice pack and your skin. Ice for 20-30 minutes at a time with at least 30 minutes in between applications.

SLEEP:

Most patients who require to wear a sling find it best to sleep in a recliner or in a reclined position in bed, using a few pillows, for the first 2-4 weeks. Do not sleep on the operative shoulder for 2-4 weeks.

BANDAGES & SHOWERING:

No showering for the first 72 hours. The wound is not to get wet during this time. After 72 hours, you may remove outer bandages, leave steri-strips in place. You may shower but keep the incisions as dry as possible (cover with plastic wrap). It is best to sit down in the shower to avoid slipping.

Do not use spray deodorant for 2 weeks.

SWELLING:

Your shoulder will be swollen. It may take a week or longer for this to resolve. It is common to notice bruising around the shoulder, upper arm and into the elbow.

SLING & ACTIVITY:

The sling is for comfort only. You may gradually decrease the use of the sling. Range of motion is safe.

You may start using the arm for daily activities. Avoid **heavy** lifting/pushing/pulling or repetitive shoulder use for 6 weeks.

If you were told you had a Biceps Tenodesis (the biceps tendon in the shoulder was cut AND fixed) then avoid **ANY** lifting/pushing/pulling or repetitive shoulder and elbow use for 8 weeks. However, shoulder range of motion is safe.

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PHYSIOTHERAPY:

You may start formal physical therapy at 1-2 weeks after surgery. A physiotherapy rehabilitation protocol should have been given to you after surgery to give to your therapist. If not, you will be given a rehab protocol at your 2-week follow-up appointment.

PROBLEMS:

Please contact our office if you have any questions or concerns. Please call the office or go to the emergency room if you notice:

- Fever above 38C that persists for more than 8 hours despite taking Acetaminophen, Oxycocet, Tramacet, or Tylenol #3;
- Excessive bleeding or drainage from the surgery site;
- Calf pain; or
- Shortness of breath.

FOLLOW-UP:

You will be seen in clinic approximately 2 weeks after surgery. An appointment card with your follow-up date and time should have been given to you. If not, please contact the office.

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