

After Your Shoulder Scope Cleanup Surgery

Dr. Paul Nielsen

Dressings and Wound Care

- After surgery you will have a bulky dressing on your shoulder for the first day
- The day after surgery, you should remove the bulky dressing and apply the Mepilex dressings supplied after surgery
 - These stay on until follow up in clinic
 - You can shower over the Mepilex dressings

Pain Medicine

- NSAIDs such as ibuprofen or naproxen are recommended to improve pain after surgery in addition to prescription pain medication
- You will be prescribed a strong pain medication, such as hydrocodone and oxycodone, to control your pain after surgery
 - Valium is also prescribed to help with muscle spasms
 - You are allowed to drive when you are not taking prescription pain medication

Activity

- Use the sling for comfort after surgery
- Increase your activity and use of your shoulder as you are able to tolerate
 - Do not lift over 5 pounds until the first post-op check
- Move your hand, wrist, and elbow joints immediately after surgery
- Do shoulder pendulum and table slide exercises at least 3 times a day after surgery
 - See next page for exercise pictures

Follow-Up Care

- You will have an appointment in clinic 10-14 days after surgery to remove sutures
 - An additional appointment is at 6 weeks and then as needed after surgery
- Formal therapy is usually started at 2 weeks after surgery if needed

Results

- Some soreness and stiffness often persists until 3-6 months after surgery
- About 75-80% of patients have a full recovery after this surgery

Exercises Immediately After Shoulder Cleanup Surgery (0-2 Weeks)

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Shoulder Pendulums (Codman's)

- Lean over either standing or in a chair with the repaired arm hanging freely
- Move your body in a gentle circular motion so that your arm rotates
 - Try to use your body to make the shoulder move, not the strength of your shoulder

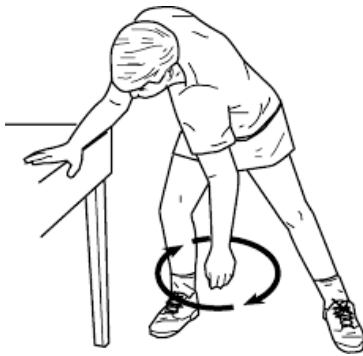


Table Slides

- Rest your hand on the table to start
- Slowly “walk” your hand forward on the table to move your shoulder forward
 - Keep the entire forearm resting on the table to avoid over-using the shoulder
- Then “walk” your hand back towards you until your elbow is at your side again

