

Dr Ball Shoulder Arthroscopy

What to Expect/Activity

- It is normal to have some discomfort in your shoulder for several days.
- For the next 48 to 72 hours use gel packs provided around the shoulder to help reduce the pain and swelling.
- Place a pillow underneath your elbow when sitting to help reduce pressure on the shoulder.
- Sleeping in an upright position for the first two days will help reduce swelling, as well.
- You are non-weight bearing to your operative arm. Wear your sling at all times for the first two days.
 - On Post-Op day #1 you may begin pendulum exercises (please refer to diagram)
 - Once your nerve block fully resolves, you may remove the sling and use only as needed for comfort. Slowly begin range of motion of the shoulder as tolerated. Avoid any lifting/reaching.

Dressing/Wound Care/Bathing

- You may remove your dressing 3 days after surgery. Leave mesh dressing on skin place.
- You may shower 3 days after surgery. After showers, place clean band-aids over the surgical sites.
- No baths, swimming or submerging until discussed at your follow-up appointment.

Pain Management/Medications

- You may resume your usual medications.
- You have been provided a prescription for narcotic pain medication. This is to be used only as needed for breakthrough pain that is not controlled with over-the-counter pain medication.
- Please take the following medications:
 - Tylenol/acetaminophen – according to bottle instructions
 - Aleve/Naprosyn - two (2) tablets twice daily (AM & PM)
- **Nerve Block:** You received a nerve block for your surgical procedure today. Your surgical limb may feel numb with loss of muscle control for up to 18-24 hours after surgery. We recommend taking a dose of pain medication prior to bed tonight, to cover any pain that may occur if your nerve block begins to wear off while you are sleeping.

Follow up/Call if:

- The findings of your surgery will be explained to you and your family immediately after surgery. However, in the post-operative period, during recovery from anesthesia you

may not fully remember or fully understand what was said. This will be explained once again when you return for your post-op appointment and suture removal.

- If you were provided with photos of your procedure, please bring them to your follow up appointment for explanation.
- Please contact Dr. Ball's office if you experience the following:
 - Excessive bleeding (bleeding through your dressing)
 - Fever greater than 101 degrees F
 - Decreased sensation or discoloration of the operative limb
 - Pain or swelling that is getting worse and not better with medication
- Locations and Contact:
 - 1349 S. Rochester Road, Suite 205, Rochester Hills, MI 48307
 - (248)-239-5300
- More Information about your surgery available at my website
 - www.drguyball.com

SHOULDER PENDULUM:

Bend at your waist with your surgical side hand hanging down and your other arm supporting your upper body on table. Relax your arm completely until it feels "heavy." Swing your arm forward and backward, back and forth across body, and in circles. Repeat 5 -10 times each direction.

