

## Shoulder Surgery

*Shoulder Arthroscopy* involves looking inside the shoulder joint with an arthroscope, which is a slender instrument that contains a lens and a light source. Repairs can be made to worn or injured shoulder joints through the arthroscope. A common injury involves the rotator cuff, which is a powerful team of muscles and connecting tendons. Occasionally the surgeon must make a larger incision to make the repair.

*Total Shoulder Replacement* involves replacing both the ball and the socket of the shoulder with an artificial joint, called a prosthesis.

### **Diet**

- Clear liquids advancing to a regular diet.

### **Medications**

- Pain medications will be administered to keep you comfortable. Take with food to avoid stomach upset. Discomfort varies among patients.
- Some surgeons insert a small catheter into the shoulder joint which is connected to a pain pump. The pump administers pain medication as prescribed by your surgeon.
- Interscalene blocks are used pre-operation or in surgery to block pain in your shoulder. Your surgeon will discuss this with you.
- Resume all medications as taken before the surgery unless otherwise instructed by your doctor.

### **Activities and restrictions**

- Continue to walk and increase activity daily.
- Continue to open/close hand and bend wrist.
- Do not reach, push, pull or lift after operation.
- Keep immobilizer or sling in place as instructed.
- Release the wrist strap of immobilizer or sling to move elbow hourly. Keep upper arm close to your body while doing this.
- Perform exercises as instructed by your doctor or physical therapist.

### **Wound care**

- You will receive instructions from your doctor on wound care and when you may resume bathing/showering.
- You may wear support stockings for as long as instructed by your doctor. They may be machine-laundered.

### **Reasons to contact your physician**

- Excessive redness, swelling, drainage or foul odor from your incision
- Temperature elevation over 101 degrees
- Leg swelling, calf tenderness or increased leg pain
- Discomfort not controlled by medication
- Chest pain, shortness of breath or breathing problems
- Burning, frequent or difficult urination
- Any other questions or concerns