

POSTOPERATIVE INFORMATION

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POST-OPERATIVE INSTRUCTIONS – ARTHROSCOPIC SHOULDER SURGERY

WOUND CARE

- You may remove the Operative Dressing on Post-Op Day #3. THERE ARE WHITE TAPES DIRECTLY ON THE SKIN. THESE ARE STERI-STRIPS—THESE SHOULD REMAIN ON.
- Please do not use Bacitracin or other ointments under the bandage.
- Use Ice 20-30 minutes 3-4 times per day until swelling is down, then as needed for pain relief.
- You may shower on Post-Op Day #3. Please cover the incisions with plastic wrap and secure it to your skin with tape. You may remove the sling for showering, but keep the arm across the chest. Gently pat the area dry. Do not soak the shoulder in water. Do not go swimming in the pool or ocean until clear by Dr. Wong.

EXERCISES

- Wear the sling at all times except when doing your exercises. You may remove the sling for showering, but keep the arm across the chest. When your shoulder begins to feel comfortable out of the sling, you may remove it (3-7 days).
- If you are having a biceps tenodesis, you will need to wear the sling for 4 weeks post-op.
- Please perform the exercises on the attached Home Exercise Program 2-3 times daily:
 - Pendulums and shoulder range of motion
 - Elbow / Hand / Wrist Range of Motion Exercises
 - Grip Strengthening
 - Scapular Tightening

POSTOP

- You will be given prescriptions for pain relief for you to use post-operatively:
 - Norco, a strong narcotic, is to be used for pain relief as needed.
 - Colace, a stool softener, to be used as needed.
 - Zofran, an anti-nausea medication, for use as needed.
- If you have any adverse effects with the medications, please call our office.
- If you develop a Fever (101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.

FOLLOW-UP

- Please call the office to schedule a follow-up appointment for your wound check 14 days post-operatively. Dr. Wong will prescribe physical therapy at this time.

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE.