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POSTOPERATIVE INSTRUCTIONS

ARTHROSCOPIC ANTERIOR SHOULDER STABILIZATION

DIET

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

WOUND CARE

- Maintain your operative dressing, loosen bandage if swelling of the elbow, wrist, or hand occurs
- Keep dressing clean and dry, if it begins to fall off you may remove and place a new one
- To avoid infection, keep surgical incisions clean and dry – you may shower by placing waterproof bandages over incision areas. Please remember to change bandages daily.
- NO immersion of operative leg (i.e. bath) until 4 weeks after surgery.
- Brace may come off to shower.

MEDICATIONS

- Colace (Docusate Sodium)
 - This medication is to help with constipation, a common side effect after taking narcotic pain medications (like Norco) and general anesthesia.
 - Take 1 pill in the morning and 1 in the evening to prevent constipation.
 - It is normal to take several days to make a bowel movement after surgery
 - Drink plenty of clear liquids as the anesthesia can cause dehydration/constipation as well.
- Hydrocodone/Acetaminophen (Norco)
 - This is a narcotic medication for pain.
 - This medication is to be taken only **AS NEEDED**.
 - Plan to stay on a scheduled dose of 1-2 tablets every 4-6 hours for the first 2-3 days.
 - After 2-3 days you should be able to space out or discontinue the medication and transition to Acetaminophen (Tylenol).
 - **DO NOT** exceed 4,000 mg of Acetaminophen in a 24-hour period.
 - **DO NOT** drive, drink alcohol, or take Acetaminophen (Tylenol) **WHILE** taking this medication.
- Zofran (Ondansetron)
 - This is an anti-nausea medication.
 - It is a dissolving tablet – place it on your tongue, allow it to dissolve, and swallow.
 - Take this as needed every 4-6 hours for the first 2 days after surgery.
- Ibuprofen (i.e. Advil/Motrin) – over the counter
 - As long as you have no personal history of adverse response to anti-inflammatories, use an over-the-counter anti-inflammatory such as **Ibuprofen (i.e. Advil/Motrin) 600-800 mg as frequently as every 8 hours** with food to help swelling and pain in addition to the prescribed pain medication.

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ACTIVITY

- When sleeping or resting, inclined positions (i.e. reclining chair) and a pillow under the forearm for support may provide better comfort
- Do not engage in activities which increase pain/swelling (lifting or any repetitive above shoulder level activities) over the first 7-10 days following surgery
- Avoid long periods of sitting (without arm supported) or long distance traveling for 2 weeks
- NO driving until instructed otherwise by physician
- May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable

IMMOBILIZER

- Sling should be worn at all times, except for bathing and PT

ICE THERAPY

- Begin icing immediately after surgery.
- Use icing machine for up to 20 minutes out of every hour until your first post-op visit.
- If you do not purchase an ice machine, please use ice packs to ice the surgical site. Ice packs can be applied for up to 20 minutes out of every hour until your first post-op visit.
- If braced, loosen brace to avoid added pressure.

EXERCISE

- No exercises or shoulder motion until after your first post-operative visit unless otherwise instructed
- You may begin elbow, wrist, and hand range of motion on the first post-operative day about 2-3 times per day
- Formal physical therapy (PT) will begin after your first post-operative visit

FOLLOW-UP CARE/QUESTIONS

- Dr. Juhan will call you (typically on your first day after surgery) to address any questions or concerns. If you have not been contacted within 48 hours of surgery, please call the office at **408-293-7767**
- If you do not already have a post-operative appointment scheduled, please contact the office during normal office hours and ask for appointment scheduling at **408-293-7767**.
- For any other questions or concerns please contact Dr. Juhan via email (tjuhan@goldenstateortho.com) at the office (**408-293-7767**)

****EMERGENCIES****

Contact Dr. Juhan at the office (**408-293-7767**) or by email (tjuhan@goldenstateortho.com) if any of the following are present:

- Painful swelling or numbness
- Unrelenting pain
- Fever (note – it is normal to have a low-grade fever (101° and under) for the first day or two following surgery) or chills
- Redness around incisions

- Color change in wrist or hand
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)

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- Difficulty breathing
- Excessive nausea/vomiting

Proceed to the nearest emergency room if you have an emergency that requires immediate attention.