

# **Shoulder Arthroscopy**

## General Instructions

Because we pump saline fluids into your shoulder during surgery, we have placed a compression bandage on your shoulder. It will be removed the next day in the office. Waterproof bandages will then be applied so that you may shower and exercises will be taught for therapy. The nerve block will start wearing off during the night, so take a pain pill before bedtime. We suggest you sleep in a recliner or in a reclined position on the couch or in bed because of the nerve block. This will help the muscles around your lungs work better. Open and close your hand to help reduce swelling. Bend and straighten your elbow to reduce stiffness. Adjust the Velcro as much as you like in order to get the support and comfort you need. Make sure to eat a little something before your appointment in the office.

## Labral Repair

Because your capsule has now been tightened, we wish for you to just hold still. No exercises will start until 3-4 weeks, but you may rotate your wrist, open and close your hand and straighten your elbow as much as you like. In order to wash under your arm or apply deodorant, simply lean over and allow the arm to gently move away from your body. Do not externally rotate your shoulder.

## Acromioplasty

Even though bone spur removal is all that was done during your surgery, the first couple of weeks will only involve range of motion exercises, leaving strengthening to start at week three. You may remove your sling at any time, but should probably wear it when you leave the house to let others know that you recently had surgery.

## Rotator Cuff Repair

Since you have had your tendons repaired, you should not lift your operative arm using the muscles. This will put too much of a strain on the muscles and could cause the repair to fail. The abduction pillow can be adjusted as much as you like. It's purpose is to take tension off of the repair and provide better bloodflow to the ends of the tendon to help with healing. You may remove the pillow for changing clothes, performing therapy and for taking showers, otherwise the pillow should be worn at all times. A beach ball is provided to use under your arm during showering as it is waterproof and the pillow is not. Simply inflate the beach ball about 4/5 full so that it cradles your arm. The first six weeks you will be performing the Tic Toc exercises along with the rope and pulley 10 times a day. Phase 2 will involve adding more stretching exercises and you will be able to get rid of the pillow for weeks 6-12. You should not lift, pull or push more than 5 lbs of force during the second 6 wks. After 12 weeks of healing, strengthening will begin. Contrary to some thoughts, the healing time for an arthroscopic repair and an open repair is the same.