



PALM BEACH ORTHOPAEDIC INSTITUTE, P.A.

JAMES M. KERPSACK, M.D.

SHOULDER ARTHROSCOPY POSTOPERATIVE INSTRUCTIONS

1) Your shoulder was numbed before the operation with a long acting anesthetic, which will wear off in approximately 12-24 hours. Therefore, a moderate increase in pain may be anticipated. Start taking your pain medication before that time.

2) The pain will be decreasing after a few days. Do not hesitate to use adequate amounts of prescribed pain medication. When taking pain medications you may experience nausea, drowsiness, mild itching or lightheadedness. **Do not drive or operate heavy machinery.** A stool softener may be used for constipation.

3) To minimize pain and swelling use your Cryo-Cuff or Polar Care as directed. Do not place ice directly on your shoulder. It is normal for your hand to be swollen. This should improve when you start moving

4) You may remove your bandages in **48 hours**, but do not remove the steri-strips (small thin pieces of tape). Cover each small incision with a band aid, keeping them clean and dry. You may continue to use your ace wrap for swelling.

5) You may shower in 48 hours but **do not submerge the shoulder incisions in a bathtub, ocean or hot tub, for at least 10 days as this may lead to infection.** It is ok to let the incision get wet with regular bathing.

6) You may walk as tolerated. The sling is for your comfort and unless otherwise directed you may stop using it as soon as you feel comfortable

7) In most cases I allow you to do pendulum exercises. Simply leaning forward and make small circular motions on the ground with your hand.

*Contact our office directly at **(561) 727-1309** if you have any of the following symptoms:

- Increased redness, warmth, hardness around operative site
- Increasing and progressive drainage from the surgical area
- Fever of 101.4 or greater
- Persistent pain not relieved by medication
- Sudden onset of numbness, tingling, or discolored fingers
- Inability to urinate within 8 hours following the procedure

***After Hours:** For any urgent questions or concerns after office hours, please call the main office phone at (561) 694-7776 and the answering service will contact Dr. Kerpsack.

***In case of an emergency, go to the nearest emergency room or call 911**

(561) 694-7776 | www.pboi.com

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