



Dr. Mihalcin's Shoulder Arthroscopy Post-Op Instructions

Diet: Begin with clear liquids and bland foods, then resume your normal diet as you can tolerate.

Activity: Rest the day of surgery with the shoulder in the sling, with the forearm facing directly ahead, not resting on your abdomen.

- You will be much more comfortable remaining as upright as possible after shoulder surgery and may find it better to sleep in a recliner chair or with a lot of pillows to prop you up.
- Wear the sling at all times except when showering, including to sleep. You should come out of the sling 3 times daily for elbow and wrist range of motion exercises. If permitted, perform pendulum exercises.

Ice: Apply ice or a bag of frozen corn or peas wrapped in a towel consistently to the shoulder for the first 24-48 hours after surgery. Thereafter, use ice on an as-needed basis. Never apply the ice for more than 20 minutes at a time. Never apply ice bag directly to the skin. Instead, wrap it in a towel.

Wound care: Wash your hands before and after changing your dressing.

- In 3 days, you may remove the dressing after you take a shower.
- Do NOT remove the Steri-strips (white paper tape across the incisions). These will fall off on their own, or Dr. Mihalcin will remove them in a few weeks.
- Do NOT submerge your incision sites in a bathtub, pool, hot tub, etc. until your incisions are completely healed (3 weeks).

Weight bearing: Unless otherwise instructed, no weight bearing to the operative shoulder. Do not actively raise your arm forward or to the side until otherwise directed.

Pain control: In addition to rest and ice, you can expect to have pain in the shoulder after the effects of the local anesthetic wear off.

- Use the pain medication you were prescribed on an as-needed basis. This means if your pain is tolerable and not severe, you do not need to take the medication. You can certainly use ibuprofen or acetaminophen for mild pain.
- Pain medication may make you feel drowsy. Do NOT drive, drink alcohol, or perform duties that require concentration or manual dexterity while on narcotic pain medication.
- To avoid the common side effect of nausea, take the pain medication with food.

Driving: Do not drive under the influence of narcotic pain medication. You may resume driving once cleared by Dr. Mihalcin.

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Follow-up appointment: You should have a follow-up appointment already scheduled 1-2 weeks after your surgery. If you do not have an appointment for follow up, please call our office at 559-738-7541 and speak to Irene.

Concerning signs & symptoms: If you have any questions or concerns, contact our office during normal business hours at 559-738-7541 and speak to Pina or Irene. If you have questions after hours or on the weekends, you may be connected to the local on-call orthopedic surgeon.

Call our office if you experience any of the following:

- Persistent fever >101 degrees that does not improve with acetaminophen or ibuprofen
- Persistent wound drainage or excessive redness around the incisions
- Numbness/tingling in the affected extremity
- Persistent calf pain or any shortness of breath



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