

# **DR. ELRASHIDY'S DISCHARGE INSTRUCTIONS**

## **S H O U L D E R   A R T H R O S C O P Y**

**These instructions compliment the information given by the nursing staff and therapists**

### **Wound Care**

- Keep dressings clean and dry.
- You may shower, get incisions wet at 48 hours . After showering, pat dry and place Band-Aids or small dressings at each site. If steri-strips are present, leave in place (for 10-14 days).
- **DO NOT SOAK** your shoulder (i.e pool, hot tub) until cleared by surgeon

### **Pain and Swelling**

- You will be given a cooling unit which helps **tremendously** with post-op pain /swelling.
- If no unit was dispensed, ice frequently. Cover shoulder with a thin sheet or towel & ice for 20 minutes, 4-5 times/day.
- Your nerve block should effectively control/minimize pain for 12-16 hrs post-op (2-3 days if a catheter was placed).
- Take pain meds as directed, wean as tolerated. Pain meds cause constipation, take with a stool softener such as Colace or Senekot.

### **Weight-Bearing/Activity**

- Wear sling at all times, including with sleep. It is ok to remove sling during PT, showers and getting dressed. Initially, it's often easier to sleep in a reclined position
- Dr. Elrashidy will review specifics on length of sling wear & any other restrictions, depending on procedure/s performed.
- Avoid lifting anything heavier than a coffee mug until cleared by your doctor or therapist.
- You may return to work/school as discussed with your doctor, usually when pain is tolerable. This will be between 5-10 days, perhaps longer depending on job requirements. Your sling should be in place at work for 4 weeks.

### **Exercises**

- PT has been prescribed, your 1st visit should be scheduled **7-10 days after surgery**. If not, please call our office to help schedule. Your therapists are a great resource. They'll review precautions, exercises, and help you progress for the next 3-4 months.

### **POST-OP**

- 1) Hand Pumps: Begin post-op. With arm in sling, squeeze foam ball (or open & close fist) 15 times. Rest & repeat, 4-5 times/day
- 2) Elbow/wrist motion: Flex/extend wrist as tolerated. Remove sling (as tolerated) 2 times/day to work on elbow range of motion.

\* See additional **Instruction Sheet** with **Exercises** to gradually begin in 1st week after surgery

### **Emergencies**

**Contact the office or doctor on call if you note any of the following:**

- Unrelenting or worsening pain, swelling, or numbness
- Fever/chills ( T > 101.5°). A low grade fever is common the first few days after surgery
- Redness or increasing warmth around incisions, continuous drainage/bleeding from incisions (small amount of drainage expected).
- Difficulty breathing or excessive nausea/vomiting

**\*\*If you have an emergency that requires immediate attention, proceed to the nearest emergency room.**

### **Follow-up**

- You should have your first post-op visit at 10-14 days. If you don't have this scheduled, please call our office for assistance.
- No driving or operating heavy machinery while on narcotic pain medication!

*Patient Signature* \_\_\_\_\_ *RN Signature* \_\_\_\_\_

**Hany Elrashidy, MD**  
**Orthopedic Surgery, Sports Medicine, Arthroscopy**  
**Webster Orthopedics**

## DR ELRASHIDY'S POST-OP EXERCISES

### SHOULDER SURGERY

- Aim to perform each exercise twice a day (2-3 sets, 10-12 reps each set) in 1st 1-2 weeks
- Can also perform at home in between weekly therapy sessions.

- 1) **Passive Supine Forward Elevation:** Lie on your back (on bed or couch). Grip wrist of operative arm, using non-operative hand (keep elbow in slightly bent, comfortable position). Now passively raise your arm slowly towards above head using the non-op hand. Aim for 90° by 2-3 weeks, 120° by 4 weeks and full motion by 6 weeks.



- 2) **Pendulum Exercises:** Hold onto chair back with non-op hand and lean forward. Let operative arm dangle, use body/momentum to swing arm back and forth, clockwise and counterclockwise.



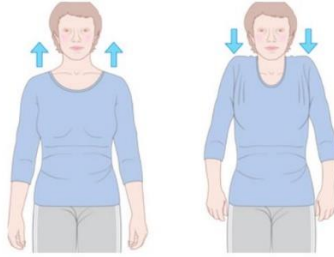
- 3) **Passive Elbow Flexion:** Using hand of non-operative extremity, grab wrist of operative arm. Slowly flex and bend your elbow up and back down using non-operative hand.



## DR ELRASHIDY'S POST-OP EXERCISES

### SHOULDER SURGERY

- 4) Shoulder Shrugs: Shrug shoulders up, back and down in a large, slow circular motion



- 5) ROM of Wrist, Hand, Fingers: Move wrist up & down, open & close fist (can use squeeze ball)