



814-942-1166

**DR. KANSKI'S IMPORTANT REMINDERS REGARDING
YOUR SHOULDER ARTHROSCOPY**

Dressing Instructions:

You have just undergone shoulder surgery. Although the incisions may be small, a significant amount of surgery has been done. The operation has involved the use of arthroscopic fluid where bleeding surfaces have been exposed to the fluid and some leakage may occur on the dressing.

If the dressing should become soaked and wet with blood, please reinforce it with a dry sterile dressing. Please contact the office immediately or report to the emergency room if excessive bleeding has occurred. You can remove your dressing 3 days following surgery and clean, dry gauze or band-aids can be applied over your incisions. If there are steri-strips over your incisions, these can be left in place. It is important to keep your incisions dry/covered until your first post-op appointment.

Showering/Hygiene:

You are permitted to shower following surgery; however, your incisions need to remain dry. Plastic wrap can be applied around your shoulder and held in place with tape to prevent water from getting on your dressing and incisions. No immersion of the shoulder in a pool or hot tub is allowed for four weeks after surgery, until the incision is completely healed.

Medication:

Several prescriptions have been sent into your pharmacy and can be picked up on the day of your surgery. You will be provided with anti-nausea medication, medication to prevent and treat constipation, and something for pain control. Take pain medication as prescribed and as needed for pain. When you are no longer having significant pain, stop taking this medication and continue taking Tylenol as needed. You will also be given a prescription for 81 mg aspirin that is to be taken once a day for 4 weeks after surgery. Aspirin is used to help prevent blood clots.

If you had a rotator cuff repair, you should avoid taking NSAID type medicines (ibuprofen, Advil, Motrin, Aleve, etc.) as these medications may limit healing of the tendon.

Sling Use/Activity:

A sling has been provided for your protection. It is necessary to wear your sling as directed by Dr. Kanski. Sling time varies depending on your procedure. It can be removed for dressing/bathing. You may intermittently remove the sling and move your elbow and your wrist, but please do not actively lift your shoulder away from your side until seen back in the office for further instructions.

If you had a biceps tenodesis as part of your surgery, you should avoid actively bending your elbow (use your other hand to support and assist with bending the elbow).

A ball approximately the size of your fist should have been provided to you; the ball should be squeezed throughout the day to reduce swelling in the hand. Continue to squeeze the ball throughout the day until you no longer are experiencing swelling in your hand.

Many patients feel more comfortable sleeping in a recliner after surgery; however, it is safe to sleep in your bed.

Driving:

You should never operate a vehicle while taking pain medication. You should not operate a motor vehicle while you are in a sling. You may return to driving when you are out of the sling and feel you can safely control a vehicle.

Physical Therapy:

Unless instructed otherwise, you will begin physical therapy after your first post-op office visit. A therapy order and a protocol outlining restrictions and exercises will be provided to you in the office.

Other Information:

Even though you have been provided pain medication and may have had a nerve block, you may still experience discomfort. Regularly ice your shoulder through-out the day to help alleviate pain and swelling in addition to using your pain medication.

During your first post-op appointment, we will go over your surgical findings. We will also remove your sutures.

Do not hesitate to call the office if you have any questions or concerns.

If you experience weakness, dizziness, shortness of breath, calf, chest, rib, or back pain, numbness or tingling, excessive bleeding, excessive pain that is not controlled by your pain medicine, please contact us immediately.