

Shawn Hennigan, MD

Preparing for Shoulder Arthroscopy Surgery

Before surgery:

- A physical may be required to ensure you are ready to proceed with surgery and recovery. This may be performed by your primary care physician or one of their associates.
- Mobic protocol will be initiated 1 night prior to surgery and will continue after surgery until your prescription and refills are gone. This will help control your pain after surgery. The prescription will be called into your preferred pharmacy.
- If you are having surgery at the hospital (this does not include Woodland Surgery Center), a preadmissions nurse may contact you to provide additional information regarding surgery.
- Follow showering instructions as indicated on your surgery instruction sheet.
- Please contact the office if you experience any signs or symptoms of illness prior to surgery.
- If any FMLA or disability paperwork is needed, please drop this off at our office. Please note that it can take anywhere from 7-10 business days to complete this paperwork.
- This is considered an outpatient procedure. You will be discharged home once you are recovered.
- You will need assistance after surgery with everyday activities including dressing, bathing, and cooking. Often times rehab facilities are not covered by insurance with this type of procedure, so it is the responsibility of the patient and family to make the necessary arrangements for care.

Day of surgery:

- **Nothing** to eat or drink for 8 hours prior to surgery.
- You will be notified of the time to check into the hospital or surgery center (generally 1-2 hours prior to surgery).
- You will be taken back to a preparation area where the following will occur:
 - Your past medical history will be reviewed.
 - You will be asked to change into a medical gown and an IV will be inserted.
 - The medical staff will wash the surgical area with a special scrub that will reduce the chance for infection.
 - You will meet with both the anesthesiologist and the doctor to discuss any concerns prior to surgery.
- Wear loose, comfortable clothing and bring a button or zip-up shirt to wear home.

Surgical Procedure:

- The length of surgery varies, but it generally takes approximately 1 hour.
- You will be placed into a sling. The type of sling will depend on what was performed in surgery.
- After surgery, you will be moved to the recovery room. Medical staff will monitor your vital signs and administer pain medication, if needed. Once your vital signs are stable and your pain levels are under control, you will be discharged home.

Shawn Hennigan, MD Preparing for Shoulder Arthroscopy Surgery

Managing Your Pain:

- After surgery, you will feel some pain. This is a natural part of the healing process. Your doctor and nurses will work with you to manage your pain levels.
- You may be given a nerve block for pain control. Your arm may feel numb, tingly, and weak for up to 48 hours following surgery.
- Pain medication will be prescribed for short-term pain relief after surgery. You are to use this in addition to your Mobic prescription. Please refer to the surgery medication protocol included in your surgery packet.
- Be aware that, although opioids (a form of pain medicine) help relieve pain, they can be addictive. Opioid dependency and overdose have become a critical public health issue in the U.S. It is important to only use opioids as directed by your doctor. As soon as your pain begins to improve, stop taking the opioids.

The Days Following Surgery:

- Mild to moderate swelling in the upper and lower arm is common for the first 1-2 weeks after surgery. Use ice for swelling and discomfort by applying it to the affected arm for 20 minutes and then removing it for at least 1 hour. Do this at least 3-4 times daily. Do not apply ice directly to the skin.
- It is important to wear your sling at all times, including while sleeping, until instructed to stop. The sling may be removed for hygiene purposes only. Let your arm dangle at your side during hygiene care.
- **Absolutely no** reaching, pushing, pulling, or lifting with the affected arm.
- When in bed, have pillows supporting the elbow and affected arm.
- Keep the incision clean and dry. It is okay to shower 24 hours after surgery if there is no active drainage. Gently pat the arm dry and place a band-aid or gauze over the incision sites. Sutures will be removed at your first post-operative appointment. Please avoid soaking in a bathtub or pool.

Rehabilitation:

- A well-planned rehabilitation program is critical to the success of your shoulder surgery. Therapy will begin approximately 2-6 weeks after surgery, depending on the procedure performed. Therapy may be completed at a facility of your choice, or one can be recommended to you.
- If pain makes your therapy sessions difficult, consider taking your pain medication before your appointments so that you can complete the exercises and goals expected of you. Please make sure that you have a driver if pain medication is necessary.
- Therapy will last approximately 3 months. Once all goals have been met, your therapist will discharge you with a home exercise program. It is important that you continue to do these exercises. You will continue to see functional improvements with the surgical arm for 1 year or more after surgery.