

Orthopaedic and Spine Institute
21 Spurs Lane, Suite 245, San Antonio, TX 78240
www.saspine.com
Tel# 210-487-7463
Joel B. Nilsson, M.D., P.A.

***POST-OP INSTRUCTIONS FOR PATIENTS WHO HAVE HAD
ARTHROSCOPIC SHOULDER SURGERY***

Dressing: A dressing has been applied to your incision. The dressing may become moist from blood or drainage this is not a cause for alarm. However, if the drainage from the incision soaks through the dressing please call the office. **This dressing may be removed on _____** . The incisions may be left open to air, or, a small dressing applied.

Sling & Ice Cuff: The sling is worn for your comfort and protection. You may discontinue the sling after 24-48 hours and work on moving your shoulder, unless otherwise instructed. The ice cuff is worn to minimize swelling and pain. It should be worn for the first 3 days, 3 hours on, 3 hours off, for comfort.

Wounds: Your wound should be kept clean and dry. You may shower once the dressing has been removed, unless otherwise directed by your physician.

Activity: You may use the shoulder gently at first and progressive increase it's use as pain allows.

Pain: Upon discharge from the hospital you should have a prescription for pain medication. Please take the pain medication with food. Follow the guidelines in the pain management protocol for using your medication or as directed by your physician. Do not drink alcoholic beverages or drive if your are using pain medications.

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Precautions: If you develop a fever (temperature greater than 101 degrees Fahrenheit or 38.3 Celsius) or chills, or any undue symptoms such as unexpected pain, redness, swelling in your legs, rash, blisters, numbness, tingling, itching, hives or shortness of breath, please contact our office. If you have a problem or question, do not hesitate to call the office. The answering service will handle your calls to the office after hours and on weekends and one of the Orthopaedic and Spine Institute clinicians will be available at 210-487-7463. **If you have an emergency, call 911 or go to the nearest emergency department.**

Diet: Start off with light meals and progress diet as tolerated. Carbohydrates will generally have a lower incidence of nausea and vomiting.