



Brian Badman M.D.
317-745-5403

PATIENT DISCHARGE INSTRUCTIONS SHOULDER ARTHROSCOPY

The following is an outline of instructions and information for post-operative shoulder arthroscopy. Although you may have been told different information from friends or others, please follow these instructions specifically and if you have any questions, contact Dr. Badman. These instructions pertain to most shoulder arthroscopy procedures. Occasionally your specific procedure may require slightly different instructions. If that is the case Dr. Badman will inform you.

Pain and Swelling:

It is completely normal to experience some postoperative pain and discomfort. The severity of the pain depends on the nature of the surgery and your individual pain tolerance. Several steps have been taken to decrease early postoperative pain.

1) The anesthesiologist may have given you a nerve block (an injection in your neck), to numb your shoulder and arm. This is to help control your pain. Therefore, it is normal to experience some numbness and tingling in your arm and fingers up to approximately 18 hours after surgery.

******DO NOT WAIT FOR THE BLOCK TO WEAR OFF TO START YOUR PAIN MEDICATIONS. IT IS RECOMMENDED THAT YOU START THESE IMMEDIATELY WHEN YOU GET HOME TO AVOID A PERIOD OF SEVERE PAIN.**

2) You may be supplied with an automatic cooling system. Instructions on its use will be given to you prior to your discharge home. Typically it is used 20-30 minutes every 2 hours. If you are not given this (based on insurance approval), you may place a bag or will be provided ice packs for your shoulder and they can be used as frequent as needed to help with the pain and swelling. Do not place the ice bag directly on the skin; make certain there is a towel or bandage between the ice bag and your shoulder.

3) If you still feel pain, you may take oral pain medication as prescribed for you by Dr. Badman.

4) You may take additional ibuprofen (advil, motrin, etc) up to 600-800mg every 6 hours with food in addition to the pain medication you are provided for further pain relief. **YOU SHOULD NOT TAKE THIS IN ADDITION IF YOU HAVE A HISTORY OF STOMACH ULCERS OR IF YOU ARE ON BLOOD THINNERS LIKE COUMADIN OR PLAVIX. ALSO STOP IF THIS UPSETS YOUR STOMACH.**

5) It is normal to experience a fair amount of swelling in your shoulder immediately after surgery. We fill your shoulder with fluid during surgery in order to perform the arthroscopy. It may take 24 hours or more for the fluid (and therefore, swelling) to go down. It is also normal to see bruising down your arm from the effects of the surgical procedure. If you develop a hot, red, or excessively swollen shoulder or arm, or if you experience a feeling of cold or numbness or tingling after 18 hours please contact Dr. Badman.

5) You may experience a mild sore throat from the anesthesia, nausea, and possibly a low-grade fever (less than 101.5°F). If, however, any of these symptoms becomes excessive or your fever is above 101.5°F, please notify Dr. Badman.

