

**Nicholas M. Capito, MD / Shoulder Arthroscopy**  
**Augusta Orthopedics & Sports Medicine Specialists / AOS Surgery Center: (706)860-5383**

**WOUND CARE**

- **You may remove your post-operative dressing 3 days after surgery.** It is OK to shower at that time. Please keep steri-strips on for 1 week. You do not have to use additional dressing over the incision.
- To avoid infection, keep surgical incisions clean and dry. NEVER apply ointments to the incisions.
- When bathing, you may allow soap/water to run over the wound. Gently dry.
- To wash under your operative arm, lean forward and allow your arm to dangle in front of you. Do not actively raise your arm. This technique is also important for putting on shirts. Put the shirt through the operative arm first and then over your head and other arm.

**ICE**

- Bruising and swelling is normal. You may notice swelling around the biceps that is due to compression of the sling.
- Begin using an ice pack immediately after surgery. Icing often is very important for the first week.
- Excess icing for a long period may cause frost bite to the skin. Do NOT apply ice directly to the skin.

**MEDICATIONS**

- Begin taking the pain medicine prior to going to bed in order to avoid excess pain after the nerve block wears off.
- \_\_\_ Percocet 5/325mg: Take 1-2 every 4-6hrs for pain control.
- \_\_\_ Toradol 10mg: Take every 8hrs for pain control. This will help to decrease inflammation and decrease pain. Do not take any other NSAIDs (Ibuprofen, Advil, Motrin, etc) while on this medication.
- \_\_\_ Docusate-Senna: Take as needed twice a day for constipation.
- \_\_\_ Phenergan or Zofran: Take as needed every 6-8hrs for nausea.
- \_\_\_ Aspirin 325mg: Take daily x 2wks to prevent possible blood clot.
- \_\_\_ Other:
- You should resume your normal medications unless instructed otherwise.
- Do not drive, operate machinery, or drink alcohol while on narcotic pain medication.
- We are unable to refill prescription pain medications after hours or on weekends

**THERAPY**

- Perform Pendulum/Codman Exercises at home starting the day after surgery.
  - These can be done for 1-2minutes, 4-5x/day.
- Formal PT will start 5weeks after your surgery. You will be able to discontinue the sling at that time.
  - PT Exercises found at [www.capitomd.com](http://www.capitomd.com) under the SERVICES Tab.
- No lifting with your operative arm. It is OK to write, type, and perform basic activity with your hand in the sling.
- Wear sling at all times except for daily hygiene and Pendulum/Codman Exercises.

**POST-OP/FOLLOW UP # (706)863-9797**

- **Please call to schedule a clinic appointment 2-3weeks after your day of surgery.**
- Contact the on-call physician after hours for any questions/concerns, wound drainage/redness, fever > 101°F.
- Have another adult stay with you overnight.
- Be extra cautious if driving in a sling.
- You may return to a sedentary job whenever you feel comfortable after surgery.

**INTERSCALENE NERVE BLOCK**

- You may temporarily experience the following: eye drooping, numbness of face/neck/operative arm, hoarseness, shallow breathing, nasal congestion.
- Coughing and deep breathing exercises will help clear your lungs.
- Go to immediately to ER if sudden difficulty breathing or chest pain.

Patient/Significant Other: \_\_\_\_\_ Nurse: \_\_\_\_\_

Physician Signature: \_\_\_\_\_ Date/Time: \_\_\_\_\_



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