
OMRI AYALON, M.D.

555 Madison Ave, 2nd Fl, New York NY 10022
23-18 31st Street, 3rd Fl, Astoria, NY 11105
70 Atlantic Ave, 2nd Fl, Brooklyn, NY 11201
646.987.9129

POST-OPERATIVE INSTRUCTIONS FOR SHOULDER ARTHROSCOPY

FOLLOW-UP:

*Call 646.987.9129 in the next day or two to make an appointment in 2 weeks

MEDICATIONS:

*Pain is expected after surgery. Most of the pain can be managed with elevation, motion, rest, and anti-inflammatory medicines. Stronger pain medication is available only for short term use.

*Pain medicine should only be taken "as needed". If you received stronger pain medicine, you may take 1-2 tablets every 4-6 hours for the first day or two.

*Take an anti-inflammatory such as Motrin or Advil around the clock for the first 3-4 days. This means 600mg three times a day. This medicine does not interact with the pain medicine and will greatly reduce your pain. Take this with a small amount of food and do not take this medicine if you have kidney problems or stomach ulcers or if a doctor told you to avoid these types of medicines.

*Do NOT stop taking your blood thinner medicines before surgery. Continue any Aspirin, Plavix or other blood thinner medicines, unless otherwise instructed.

DRESSINGS:

*Please keep the dressing or bandage clean and dry and intact until your post-operative visit.

*Please cover dressing with plastic bag and tape while showering to ensure surgical incisions remain clean and dry.

*Bruising and swelling down the arm is normal due to gravity.

ACTIVITIES:

*Sling should be worn at all times if you had a rotator cuff repair or a labral repair

*Sling may be removed only when getting dressed or showering- but keep the arm protected by your side

*You may shower the day after surgery- pat incisions dry and apply Band Aids to keep incisions clean and dry

*Ice the shoulder for 20-30 minutes at a time, 2-3 times a day for the first week after surgery

*When sleeping or resting, inclined positions with a pillow under the forearm for support may provide better comfort

*Continue to move your hand and wrist throughout the day

*Return to work/school as tolerated- dependent on type of employment

NERVE BLOCK:

*If you received a nerve block, either by me or by the anesthesiologist, this will wear off in a number of hours often around 12 hours. When this happens, you will feel tingling and your motion will start to return. It is normal for your arm to be numb up to 18-24 hours after receiving a block. Make sure, again, that your arm is elevated the entire time.

WHEN TO CONTACT ME:

*If you have a persistent temperature of 101.5 or greater for more than a day

*if you have any signs of wound infection: increasing redness, swelling, pus-like drainage

*if you have uncontrolled nausea/vomiting

*if your fingers appear blue or cold or if they stay numb well after the block wears off

*if you have persistent bleeding through the dressing

*if the dressing feels too tight or painful