

## Patient Discharge Instructions #3



### Shoulder Arthroscopy with Acromioplasty or Debridement

Physician: Dr. Berasi

OrthoNeuro

Phone: (614) 890-6555

**Shoulder Arthroscopy:** The overall goal is to remove the chronically inflamed bursa and remove the acromial hook or bone spur. This can be done arthroscopically or with an open incision. Arthroscopic techniques involve using small incisions (arthroscopy portals) to look in the shoulder joint. Instruments or a motorized shaver are used to remove the bursa. The coraco-acromial ligament is usually removed. Next a power burr is used to remove the bony hook or spur from the acromion.

Open decompression involves making an incision and detaching the deltoid muscle from the acromion, as well as cutting the coraco-acromial ligament. Next, the acromial hook or spur is removed using a saw or osteotome (chisel). A rasp is often used to smooth the cut bone edges. The bursa is then removed with scissors. The deltoid muscle is sewn back onto the acromion.

Please view our website at: [www.OrthoNeuro1.com](http://www.OrthoNeuro1.com) for more information. Click on Patient Education, then click on Shoulder. The Viewmedica window has information on anatomy, conditions, and surgical techniques. There is also an option to print the information.

#### Before Surgery

- ◆ Please read all of your instructions and follow them carefully.
- ◆ Dr. Berasi tries to speak with every patient immediately before surgery. On rare occasions, he may not be able to do so, if your case is moved to a different OR in order to expedite your treatment.
- ◆ Your surgery time is an estimate that depends upon coordinating patients, personnel, doctors, OR rooms, and equipment. We apologize if you must wait, but rest assured that we will take all the time needed to do your surgery.

- ◆ Dr. Berasi will call your family immediately upon completing your surgery. If your family is not available at that time, please call the office the following day.
- ◆ Arthroscopic pictures will be taken and explained to you at your first office visit. You will also receive a copy of the pictures.

### Diet

- ◆ Return to your normal diet slowly. Start with liquids. Progress to a regular diet if you are not nauseated.
- ◆ Do not drink any alcoholic beverages for 24 hours or while you are taking narcotic pain medication.
- ◆ You will need a diet high in fiber until you return to your usual activities.
- ◆ If you are diabetic, check with your family physician about diet and medication.

### Safety and Activity

- ◆ Arrange for an adult to drive you home from the hospital and stay with you for the first 24 hours after surgery.
- ◆ Limit your activity for 24 hours. You may feel dizzy, take care as you walk or climb stairs.
- ◆ Do not drive or operate machinery for 24 hours or while you are taking narcotic pain medication.
- ◆ Do not make important personal decisions or sign legal papers for 24 hours.
- ◆ Discontinue using your sling in 1-2 days and begin the gentle motion exercise on page 4.
- ◆ Postoperative rehabilitation and exercises are very important to regain motion and then strength.
- ◆ Return to sports depends on the type of sport and the position played. Usually a minimum of 4-6 weeks is necessary after surgery before returning to sports. Full shoulder motion and strength are necessary before returning to sports.
- ◆ Return to work depends on the type of employment. Desk work can be performed in a few days. Physical labor jobs may take up to 6-8 weeks.
- ◆ Your employer may allow you to return to limited duty work if available.

### Pain Management

- ◆ You will be given a prescription for pain medication. Many patients do well taking ibuprofen, 600mg-800mg every 8 hours with food, if they have no contra-indications.
- ◆ Apply ice to the shoulder for 15 minutes every 1-2 hours. Use a cloth and do not apply ice directly to the skin. You may also use a gelpack or cooling device.

## Wound Care

- ◆ You may remove your dressing in 2 days and shower. Apply band-aids to the incisions.
- ◆ Other than showering, keep the wound clean and dry for the first 14 days after surgery.

## Post Anesthesia Instructions

- ◆ If you received general anesthesia, you may have a dry, raspy sore throat. Throat lozenges may relieve this. You may also have 1-2 days of muscle soreness.
- ◆ If you received spinal or epidural anesthesia, you may have pain at the injection site. Rarely patients may have a headache. If you do, stay in bed (getting up to go to the bathroom only), drink plenty of fluids and take Tylenol (Acetaminophen) 650 mg. every 4 hours. Do not exceed 4000 mg. in a 24 hour period. Call us at (614) 775-6600 if you have not urinated within 6 hours, your headache persists after 2 days, you develop new leg weakness or numbness, or you experience an inability to control your bowels or bladder.
- ◆ After a regional nerve block, you may not have return of movement or feeling to the operative arm for up to 24 hours after the block is placed. Protect the affected arm until normal movement and feeling return. Some pain at the injection site is normal. If you have severe pain at the injection site, contact the Anesthesia Department at (614) 775-6600.

## Follow Up Appointment

- ◆ Make an appointment to see Dr. Berasi 6-10 days after your surgery.

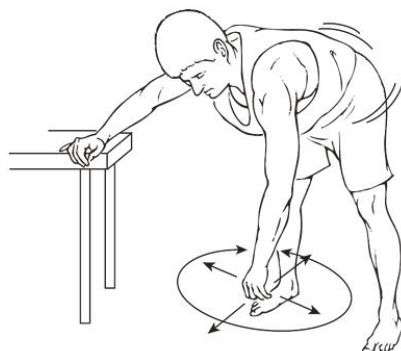
*Contact your doctor immediately if you have any of the following:*

- ◆ Heavy or persistent bleeding.
- ◆ Difficulty breathing or swallowing.
- ◆ Fever over 101°F.
- ◆ Changes in the color or temperature of your hand or fingers.
- ◆ Sudden onset of numbness after nerve block resolved.
- ◆ Sudden, severe pain or pain not relieved by medication.
- ◆ Redness, swelling or pus around the incision.
- ◆ Inability to urinate within 6 hours of leaving the hospital.

*For after hour emergencies, contact the doctor at (614) 890-6555. If symptoms are severe, go to the nearest emergency room or call 911.*

## Pendulum Exercise:

### Shoulder \* Pendulum



1. Lean forward at the waist, letting your operative arm hang freely. Support yourself by placing the opposite hand on a chair, table or counter as shown.
2. Sway your *whole body* slowly forward and back. This will cause your arm to move. Let your arm hang freely. Do not tense it up.
3. Repeat the above swaying side to side and moving in circular patterns, clockwise and counterclockwise.
4. Do 10 repetitions in each direction.
5. Repeat exercise 5 times, 4 times per day.