

WOUND CARE

Keep your incisions clean and dry (tub bathing only)

You can change your dressing every day, starting three days after surgery

If the new dressings you put on are clean and dry after 24 hours, you can leave the wounds open to air

Do not remove the steri strips underneath

At 10-14 days after surgery, Dr. Mesiha will see you in the office to check the wounds and see if they are ready to get wet in the shower

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IF YOU HAVE ANY BLEEDING, REDNESS, OR SEVERE PAIN CALL US RIGHT AWAY
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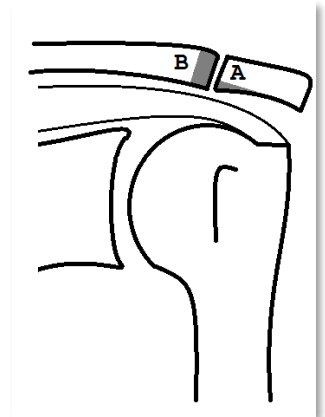
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508-974-9100

www.primacareortho.com

What was done?

- Arthroscopy with small camera to look for other damage in shoulder:
Rotator Cuff Tendons: _____

- Cartilage Normal
- Labrum Normal
- Biceps tendon Normal



- Cleaning of any damage or inflammation in and around the shoulder
- Removal of the underside of the acromion through the camera (A)
- Removal of the end of the collarbone through the camera (B)

Stay ahead of your pain!

- If you have no problems with your liver or other issues that keep you from taking Tylenol, you can take two Extra Strength tablets (500mg each) every 8 hours (3000mg total every 24 hours). This way, it stays in your system and keeps you from needing as much narcotic medications.
- Surgical pain for the first few days is the "opposite of stubbing your toe." If you feel a twinge of pain and you don't take pain medicine it will get worse and worse. Taking a little bit of narcotic when you have a little pain will keep you from having to take a lot of narcotic for a lot of pain later.
- The narcotics can cause constipation so every 8 hours, at the same time as the Tylenol, you can take over the counter Colace 100 mg tablets.

What happens next?

- Since there was no tendon repair, you have limitations but no restrictions:
 - Restrictions are what I say "do and don't do" and I would recommend that you just use your judgment and take it easy till you start therapy
 - Limitations are what you will not be able to do and these gradually improve with time – full recovery should take around 3 months
 - You can do pendulum exercises (leaning forward at the waist and letting your arm hang straight down *without* swinging your arm)
 - You should have PT already scheduled for next week. If not, please call the office on Monday so we can set you up with therapy ASAP.