



The First Name in Specialized Orthopedic Care

222 Middle Country Road
Suite 108
Smithtown, NY 11787

45 Crossways Park Drive
Woodbury, NY 11797

HOME CARE INSTRUCTIONS SHOULDER ARTHROSCOPY/SURGERY James M. Paci, M.D.

1. Day of Surgery – Instructions Immediate Post-op:

- A. Relax. Diet as tolerated.
 - B. Ice to shoulder for twenty minutes every hour while awake until block wears off, then as tolerated.
 - C. Pain medication as needed every 4-6 hours. Start before your block wears off. It is helpful to take pain medication approximately one-half hour prior to exercise/physical therapy session.
 - D. You may take arm from sling and begin elbow and wrist range of motion exercises gently, based on your protocol, if indicated by Dr. Paci. (As instructed).
 - E. Make sure that you have a Physical Therapy post-operative appointment preferably the day after surgery, and no later than the third post-operative day, unless otherwise directed by Dr. Paci.
- Bring your physical therapy script and protocol.**

Special Note for Patients with Nerve Block:

- Do not leave ice machine running for over 20 minutes while block is effective due to risk of frost bite.
- Take pain medication prior to the block wearing off. Otherwise, the pain will get ahead of you.

2. First Post – Operative Day:

- A. Continue ice every one to two hours while awake, or at least twenty minutes prior to and after exercise session.
- B. Pain medication as needed.
- C. Exercise should be done to the best of your ability, as directed. Try to accomplish a little more each time you do them.
- D. You may remove your bandage from the surgical area and shower 24 hours postoperatively. Cleanse arthroscopy sites with Dilute Peroxide or Betadine if you wish.
- E. You will need to keep your incision dry when taking a shower. Do this until your sutures are removed. You can cover your incisions with a waterproof bandage (these can be purchased at your local pharmacy) when taking a shower. * Make sure you place a 2x2 gauze on the incision before placing the waterproof Band-Aid so the band-aid is not directly on the incision*
- F. If you have a shoulder immobilizer with a pillow, place an empty soda bottle under your arm while showering or you can purchase a waterproof/mesh sling to use in the shower. Remove the Band-Aids and pat dry after showering. **DO NOT SUBMERGE YOUR INCISION SITE(S) IN A BATH OR POOL!!!!**

3. Second Post – Operative Day Until Return Visit:

- A. Continue ice use as needed



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B. Continue daily shower/band-aid routine. Continue exercises. Call your physical therapist if you have any questions about these exercises.

NOTE: Your shoulder will be very swollen. It may take a week or longer for this to go away. It is also common to notice burning around the shoulder as the swelling resolves. If excessive bleeding occurs, please notify your physician. Clear (or light yellow) fluid drainage is normal for the first 3-4 days.

For Return Appointments:

4. A return appointment will be scheduled prior to your surgery and will be approximately 10-14 days from surgery. If you have any questions, please call our surgical coordinator at 631-719-9071.

A. Your first return appointment will take place in Dr. Paci's office in Woodbury or Smithtown. You will see Dr. Paci and/or his PA at this visit.

B. Your surgical photos will be reviewed at this visit and any questions will be answered. Your sutures will be removed, if they have not been removed by your physical therapist.

5. If you have any problems or questions, please call our surgical coordinator at **631-719-9071** and ask for Kristina during office hours 8:00 – 4:30. If you have a problem after hours, **call the main line at 516-536-2800**, follow the prompts, and the answering service will contact Dr. Paci or one of his partners.

Please call if you experience any of the following:

- A. Excessive pain, not controlled by pain medication
- B. Discomfort, swelling or redness in the calf (behind the leg, between the knee and ankle)
- C. Temperature/Fever >101F or chills
- D. Chest pain or shortness of breath
- E. Excessive redness or discharge from or around the surgical site

7. It is our office policy that narcotic pain medications will not be refilled after hours. If you are running low on pain medication and need a refill prior to your scheduled appointment, please contact our medication line at **516-536-2800** and follow the appropriate prompts and they will have Dr. Paci determine if a refill will be ordered.

8. Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while taking pain medication, which includes operating machinery and/or driving a vehicle.