

# Warren Bourgeois MD

## Patient Information for **Shoulder Arthroscopy**

### Day of Surgery:

- Arrive to the hospital/surgery center at the appropriate time as instructed by medical staff.
- **No food, drink, gum etc. after midnight prior to surgery.**
- Ask the anesthesiologist about taking your regular medications prior to surgery.
- Antibiotics will be given to you intravenously just prior to surgery.
- A general anesthetic will be administered for the surgery. Additionally, in most instances; the anesthesiologist will numb the entire arm prior to surgery for postoperative pain relief. It may remain numb and painless for up to 12 hours after surgery.
- You will be allowed to go home after surgery. Make sure that there is someone to drive you home.
- Wear a button down shirt the day of surgery. This will be easier than a pullover shirt to put on prior to discharge.

### Post Op Instructions:

- After surgery your arm will be placed in a sling. Leave the sling in place except when changing clothes.
- Leave the dressings in place and keep them dry. You can remove them and place band-aids over the surgical wounds 3 days after surgery.
- Do not get the surgical wounds wet until instructed by the doctor.
- Some drainage from the wounds in the first 48-72 hours is normal. If drainage is excessive you may change the dressings with sterile gauze.
- Ice for 20 minutes per hour is good for pain control and management of postoperative swelling.
- Elevate the affected hand postoperatively to help keep the swelling down.
- A prescription for pain medication will be given at the time of surgery. It is best to begin taking these as soon as possible upon returning home. Take these as directed on the bottle.
- Schedule an appointment to return to my office within the first 7-10 days after surgery to have the sutures or surgical staples removed.
- Depending on the type of surgery performed you will begin physical therapy after your first postoperative visit.

### Possible Complications:

- Infection occurs in less than 1% of patients after shoulder arthroscopy. However, it can be a potentially serious complication. Some signs and symptoms of infection are redness around the surgical wounds, persistent drainage from the surgical wounds more than 48- 72 hours after surgery and fever greater than 101 degrees Fahrenheit taken with an oral thermometer. "Feeling warm" does not necessarily mean you have a fever. You must take your temperature with an oral thermometer.
- If you feel that you may be having a problem postoperatively related to the surgery you should call the office immediately. Problems that are caught early on can be corrected more easily than those recognized later.