



Texas Orthopedics,  
Sports & Rehabilitation Associates  
www.txortho.com

## Shoulder Surgery/Arthroscopy: Post Op Instructions

After surgery you'll have several instructions. These instructions will be given to you in the office before surgery and reinforced by the nurse after surgery in the recovery area.

**Post operative appointment:** Make sure you remember the date/time of this appointment and if you don't have one scheduled, you should do this right away. You can call 512-439-1001 to make an appointment. Your incision will be checked and your stitches will be removed. We'll also review what I found in surgery and evaluate your progress. If there are any non-urgent questions you think of during the several days after your surgery write them down and ask them at this time.

**Prescriptions:** These should have been given to you or called in to your pharmacy at the time of your pre-op visit. Make sure you have picked these up before surgery so you don't have to wait to get them after you've had your surgery.

I usually prescribe a narcotic pain pill, but some patients have problems with nausea after surgery. If you are one of these, please be sure to ask us to give you a prescription for an anti-emetic so you don't get caught without them.

**Exercise:** In most cases, after shoulder arthroscopy I encourage my patients to begin moving their shoulder right away. If I don't want you to move it, I will most likely put you in some kind of brace to keep you from doing so, or I will give you specific instructions on how I want you to exercise. But if there are no restrictions, I will want you to begin bending and straightening your shoulder as soon as you can tolerate doing so; the earlier the better. And like icing your shoulder, you can't do it too much. Exercising several times every day is important to your overall recovery. Don't wait for physical therapy or for this motion to just happen on its own.

- **Pendulum exercise:** Bend over at your waist as if you were going to pick something off the floor. Allow your arm to hang straight down toward the floor. Then start making circles with your arm, as if you were trying to draw circles on the floor with your finger. Of course you don't actually touch the floor with your finger, unless you want to start seeing me for your back. As you are able, start making the circles bigger and bigger each day. You can make them clockwise or counter-clockwise. Do this several times a day.
- **Wall walking:** Face a wall and raise your arm as high as comfort will allow. Put your fingertips on the wall. Begin using your fingers to pull your arm up the wall. Your fingers will assist your shoulder. Try to do this several times each day and get higher and higher on the wall each time. You can even put a mark on the wall, like your folks did when they measured your height as you grew. Don't do that anywhere that will get you in trouble though. You can do this exercise with your hands in front of you for flexion, or with your hand to the side for abduction.

**Activity:** After surgery on your upper extremity it is important to rest your shoulder. Until I see you back in the office for your first post op visit, I would like for you to take it easy. Don't go shopping, don't choose this time to clean house or mow the lawn. Really, it's amazing how many people do this.

Austin: Northwest  
439-1000

Austin: Central  
439-1002

Cedar Park  
439-1009

Round Rock  
439-1004

Westlake  
439-1005

Marble Falls  
877-966-7846

**Icing:** Please see my specific instructions on shoulder surgery icing.

**Dressing Changes:** Please see my specific instructions for shoulder surgery dressing changes.

**Returning to Work:** Please see those specific instructions too.