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Patient Instructions for Non Rotator Cuff Surgery Shoulder Arthroscopy/Subacromial Decompression, Biceps Surgery:

Upon discharge from The Surgery Center you will have a dressing, maybe cryocuff ice wrap, and a shoulder immobilizer or sling on your arm. You will be given prescriptions for pain medication at your last office visit before surgery.

Wound Care Instructions:

1. Leave wound dressing in place until second day after surgery, replace if dressing becomes wet or damp with drainage. The dressing can be removed if wound continues to remain dry and free of drainage. Do not remove the steristrips (little white bandage strips) that directly cover the incisions unless they start to fall off. Do not apply any ointments or lotions to the wounds.
2. Keep the wound dry for the first 48 hours then you may shower but do not soak the wounds under water in a bath, spa or pool. You may remove the sling to shower.
3. Expect arm swelling. Ice is the solution: Apply cold therapy using polar care ice unit or gel ice pad held onto the surgery site with an ace bandage. Always have a cloth between the skin and ice pad, to prevent an "ice burn". Be careful not to wrap the ace bandage overly tight. Check skin hourly for frostbite. If using a cryocuff/ polar care machine you may use it for hours at a time as long as you check skin hourly for frostbite.
4. If you develop any signs of infection call the office immediately.

ACTIVITY:

1. You can use the sling for the first 48 hours and stop using as soon as you feel comfortable. It may be helpful to sleep propped up on some pillows.
2. You can move your arm, shoulder as pain allows.
3. Some people do not require physical therapy following a shoulder arthroscopy. Should you require therapy, our office will provide you with a prescription/ referral at your post operative appointment. The therapists will guide you through a rehab program to include edema control, pain control, range of motion, and progressive strengthening exercises.
3. Return to work and sports activity varies depending on the activity.
4. It may be helpful to sleep propped up on some pillows.
5. For Biceps surgery no lifting over 2 pounds for 6 weeks.

MEDICATIONS:

Please take pain medications as directed. Do Not wait until the pain is severe to take medication. Medications may take between 30-60 minutes to begin working so take medication as directed.

Follow all instructions on the labels and it is best to take all pain medication with food to prevent stomach upset, **DO NOT DRIVE WHILE TAKING PAIN MEDICATIONS** as dizziness and sleepiness are frequent side effects of pain medication.

You might feel drowsy for the first 24 - 48 hours following surgery if you have had a general anesthetic or sedation.

Therefore, for the first 24 hours (or longer if drowsiness persists) you **SHOULD NOT:**

- Drive a car, operate machinery or power tools
- Drink any alcoholic beverages
- Make important decisions or sign important papers

We recommend that you have a responsible adult with you for the rest of the day and during the night, and longer if drowsiness persists. This is for your safety and protection.

Please consult with your Primary Care Physician any questions regarding your regular home medications.

FOLLOW UP Appointment Dr. Peatman's office in 7-10 days.

If you have a problem please call Surgery Scheduling (925) 362-2179, after hours (800) 943-8009

Please Call the Office If:

1. You develop a fever > 101 F
2. If the incision becomes very red, warm to touch, develops drainage
3. If you develop significant pain, swelling or numbness
4. If your pain is not relieved by medication.
5. If the pain medication does not agree with you.
6. If you have significant bleeding or drainage from surgical site.

Please Call 911 or go to the Emergency Department if you feel Chest Pain or Shortness of Breath