

**Surgery Center of Pinehurst
Dr. Oakley's
Shoulder Arthroscopy Home Instructions**

WHAT YOU SHOULD KNOW

SLING/ABDUCTION PILLOW: The sling and abduction pillow should not be removed until your post op visit at Dr. Oakley's office. It is important for the arm to remain in this position to prevent damage to your repair. The Velcro straps can be adjusted or padded for more comfort.

DRESSINGS: Small dressings will be provided for you to change when they become soiled. The staples will be removed at your first post op visit.

MEDICATIONS:

Hydrocodone or Percocet: This is a pain medication that should help control pain immediately. Take one or two tablets every 4-6 hours as needed for pain.

Benadryl: This is over-the-counter anti-histamine that can be taken with any of the above medications to alleviate side effects such as nausea and/or itching when take 10-15 minutes before the prescribed medicine. It is also a good sleep medication. It is a good idea to have this available if needed.

MEDICATIONS TO AVOID: Please REFRAIN from taking ANY NSAID medications (naprosyn, advil, aleve, ibuprofen, motrin, mobic, celebrex, etc) for 2 weeks. These medications can slow/retard normal healing processes.

EATING: Resume your normal diet gradually after your surgery. Small frequent meals are usually best for the first few days. Pain medications can cause nausea and constipation. Eating before taking the medicine may help with the nausea. An adequate fluid intake is also important to maintain hydration as well as prevent constipation.

ACTIVITY: For the first few days after your surgery, you may feel groggier, tired and require more sleep. Rest when you feel like it, but it is important to change positions frequently throughout the day. Normal sleeping doesn't usually return until a couple of weeks after surgery. Gradually increasing your activity and fewer naps during the day will better your chances of a good night's sleep. DO NOT use your arm until instructed by Dr. Oakley's office at your first post-op visit. Specific instructions will be given at each visit. Moving your hand and wrist is encouraged after surgery.

APPOINTMENT: Your follow-up appointment will be Dr Oakley next week.

PROBLEMS TO CALL ABOUT:

Fever > 102.5 F

Drainage from the incision after 48 hours.

Calf pain/swelling/warmth or shortness of breath/chest pain.

If you have any problems or questions after your surgery, please call Dr. Oakley's office at 910-295-0209. If it is after hours, call First Health Moore Regional Hospital at 910-715-1000 and ask the operator to page Dr. Oakley or the provider on call for him.