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SPORTS MEDICINE SURGERY & HIP ARTHROSCOPY

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- Cutting edge information on the arthroscopic treatment of the hip, knee and shoulder -

Surgery Instructions

Shoulder Arthroscopy

Checklist

- ✓ Physical Therapy Prescription
  - PT will begin after 1st Post-Op visit
  - Trainer Rx for supplemental home based rehab ($75) – Email VanThielMD@orthoillinois.com
- ✓ Medications

  Paper Prescription
  - Pain - Norco 10/325

Sent To Pharmacy
  - Antibiotic - Keflex 500mg every 6 hr x 1 day (If allergic, Doxy 100 mg twice)
  - Pain - Naproxen 500 mg twice a day x 2 weeks as needed
  - Aspirin 81 mg twice a day x 30 days
  - Additional Medications:

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- ✓ Sling
- ✓ Optional – Ask Clinical Lead
  - Ice Machine - $200
    - Purchased in DME store.
  - Ice and Compression Machine – Game Ready - $415 for 3 weeks
  - Compression Stockings - $23.
    - Help with post-operative swelling. In DME store.

- ✓ **Post Op Visit**:

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What to Expect

- The following instructions will help guide you through your recovery. Separate instructions for therapy and exercises will be given and are available at www.VanThielMD.com.
- Dr. Van Thiel's PA (Physician Assistant) Stephanie Pease will be closely involved in your care and recovery. A physician assistant is a licensed practitioner that has completed over 2 years of post-college medical training and has the credentials and expertise to treat patients independently.
- **1st Post-Operative Visit** – This will be around 2 weeks after the surgery. You will see Dr. Van Thiel and he will go through your pictures from surgery and answer any questions you have.
- **2nd and 3rd Post-Operative Visits –** Occur at 6 weeks and 3 months after surgery. During these visits you will be seen by Stephanie Pease (Dr. Van Thiel's PA) to ensure that you are comfortable and meeting the recovery goals. Ms. Pease is always in direct communication with Dr. Van Thiel and does have the medical expertise, training and credentials to help you along with your recovery.
- **4th Post-Operative Visit –** Occurs at 6 months after surgery. Dr. Van Thiel will discuss any questions that you have and ensure you are making a complete recovery.
- **Physical Therapy –** Physical therapy is not always required. If PT is recommended, it will be set up upon scheduling your surgery.
- We will contact your insurance company to authorize your surgery, but we suggest that you also contact your insurance company for further information and to verify coverage.

Day of Surgery

- **Diet –** Do not eat or drink anything after 11PM the night before surgery.
- When you get to the hospital or surgery center Dr. Van Thiel will come speak with you and confirm the procedure and the side. Feel free to ask any questions.
- The anesthesiologist will also come speak with you. We routinely perform regional blocks for pain control during and after surgery. A regional block is a small injection that will numb the nerves at the operative site for up to 12-30 hours after surgery. These blocks are excellent for pain control.
- **After Surgery** – You will wake up in the recovery room and once you are comfortable and fully awake, the nurses will discharge you to go home.

Post-Operative Care

Diet

- Following surgery, nausea is very common. Begin with clear liquids and progress to your daily diet as tolerated.

Wound Management

- A bandage is applied to the operative site. Keep this on for 24 hours after the surgery.
- It is normal for there to be drainage and for the dressing to become blood tinged. If this occurs, reinforce with additional dressing.
- Remove the dressing after the first post-operative day. It is still normal for there to be some drainage. Apply band-aids to the incision sites. If you have a separate, larger incision on the shoulder, keep dressing intact and incisions dry for 3 days post op
- No showers until after the dressing is removed at 24 hours. Running water only. No soaking in baths or hot tubs! Cover incisions with band-aids, change daily.
- Sometimes small incisions are made that do not require suture closure. Please do not be alarmed by this.

Activity

- Sleeping may be performed in a reclining chair or bed with the use of pillows to support the operative site as tolerated.
- A ball is provided with your sling. Squeeze the ball to reduce swelling in the hand.
- Generally, if you have a desk job you may return to work on the third post operative day, with no lifting of the operative arm.
- Return to a physically demanding job will be

discussed on your postoperative visit
- Physical Therapy will begin after your first postoperative visit is typically performed for 3-4 months after surgery.
- Each procedure has different post-operative and rehab instructions. Follow the direction on the therapy protocol and for your procedure listed below.

Rotator Cuff Repair:
- Sling will be worn for 6 weeks.
- You may take your arm out of the sling while sitting to allow the bending and straightening of your elbow, wrist and hand.
- Pendulum exercises may be performed the day after the surgery.
- No driving until instructed by your physician
- Do not lift anything with operative arm
- Follow the therapy protocol

Biceps Tenodesis:
- Do not perform elbow flexion exercises
- Sling will be worn for 4 weeks

SLAP/Bankart Repair:
- Sling will likely be worn for 6 weeks.
- You may take your arm out of the sling while sitting to allow the bending and straightening of your elbow, wrist and hand.
- Pendulum exercises may be performed the day after the surgery.
- No driving until instructed by your physician
- Do not lift anything with operative arm
- Follow the physical therapy protocol.

Decompression/Distal Clavicle Excision/ Joint Debridement:
- Sling will likely be worn for 1-2 weeks. You may remove it as tolerated.
- You may perform pendulums, hand, wrist, elbow and shoulder range of motion as tolerated

Ice/Cryotherapy
- An ice machine or ice packs will be provided and applied at the conclusion of your surgery.
- Use continuously for the first 72 hours postoperatively, then in 30 minute increments 4-5 times per day thereafter as tolerated.

Medications
- Most patients require the use of narcotics for a period of time after surgery. Take as directed.
- If you received an interscalene nerve block, numbness and loss of function may persist for up to 24 hours postoperatively. You are encouraged to take your prescribed pain medication as indicated on the bottle regardless of pain for the first 24 hours.
- Common side effects of pain medication: nausea, insomnia, itching, constipation, drowsiness, hallucinations.
- Take medications with food to reduce side effects
- OTC anti-inflammatory such as Aleve, Ibuprofen or Motrin can be taken once Naproxen is complete
- Do not operate machinery or moving vehicles while taking the pain medication.

Emergencies
- If at any time you have questions or emergent concerns contact Dr. Van Thiel or his physician assistant Stephanie Pease, PA-C at (815-398-9491).
- If you are calling after hours or over a weekend you will be directed to the physician answering service and you may be called by the physician or physician assistant on call.
- Please call if any of the following arise:
    - Fever >101. (It is normal to have a low grade fever for the first 1-2 days after surgery)
    - Redness
    - Painful swelling
    - Numbness
    - Shortness of breath
    - Excessive bleeding and/or drainage from incision sites
    - If you require immediate attention, go to the nearest emergency room

Follow-up

- A follow-up appointment will be set for 2 weeks after the surgery. If you have questions or concerns about this date contact our scheduler at (815-381-7332) during normal office hours.
- Physical Therapy will begin after your first postoperative visit
- If you have additional questions or concerns most questions can be addressed by our Clinical Lead by calling (815-381-7365).