

# DR. CANTRELL SHOULDER ARTHROSCOPY

## **PLEASE READ IMMEDIATELY**

1. Go to <https://www.dr-michaelcantrell.com/> and click "PRE-OP VIDEOS" at the top right.

Watch Video(s):    1    2    3    4    5    6    7    8    9    10    11

2. If you have a Physical Therapy prescription in your surgery packet, please call **ASAP** and make an appointment with Physical Therapy for 2-3 days after your surgery.

3. **If you have a rotator cuff repair, starting the day after surgery:**

TAKE FOR 6 WEEKS: Vitamin D 5000iu daily, Vitamin C 3000mg daily

DO NOT TAKE FOR 4 WEEKS: NSAIDS (ibuprofen, naproxen, meloxicam, celecoxib, etc.)

4. Dr. Cantrell will normally send you home from surgery with 2 different medication prescriptions: a pain medication and a nausea medication.

5. Please keep the bandage **clean and dry**. Getting it wet from an outside source increases your chances of developing an infection.

6. You may **remove the bandage after two days**. The bandage soaks up the excess fluid used during surgery, and may become wet. You may or may not see sutures, as sutures may be dissolvable sutures placed under the skin. Once your bandage has been removed, you may shower and towel the area dry. **Incisions shorter than 1 inch** may get wet in the shower. Do not submerge your operative site under water until the incisions are healed.

7. **Incisions 1 inch or longer** should be kept clean and dry until your follow-up appointment with Dr. Cantrell. Incisions 1 inch or longer may be cleaned with alcohol daily. Do not submerge your operative site under water until the incisions are healed.

8. **Cold therapy (ice)** may be used in 20-minute intervals as needed to decrease swelling and pain.

9. Bruising and swelling are common side effects after surgery. Dark bruising down the arm may be noted. If bruising or swelling is **extensive** or painful, call Dr. Cantrell's office.

10. You may start pendulum exercises 2 days after surgery. Stand beside a table with the hand of your unaffected shoulder on the table and feet slightly wider than shoulder-width apart. Bend at the hips approximately 75 to 90 degrees and let your affected arm hang down toward the floor. Shift your weight side to side, letting your arm swing freely side to side. Shift your weight forward and backward, letting your arm swing freely front to back. Once you feel comfortable with these movements, move your body so that your arm swings in a circle, being careful not to use your shoulder muscles to create movement. Keep the circle small, less than 8 inches. Continue for 30 seconds. Each day, increase the time until you can do 3 to 5 minutes. Repeat 5 times per day.

### **Call the doctor if:**

1. An **excessive** amount of bleeding is noticed through the bandage. Note: drainage is expected the first 48 hours after the surgery.

2. Your fingers or toes become excessively discolored or numb.

3. There is an increase in body temperature (101.5 degrees or over), significant redness of the skin around the incision site, unusual drainage, foul smell, or other signs of infection.

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