OPAORTHO
ORTHOPEDIC PHYSICIAN ASSOCIATES

Discharge Instructions after Arthroscopic Capsular Release

- A sling has been provided for you. You may remove the sling once the nerve block has worn off and you have normal sensation in your arm. The sling may be worn for your protection (crowded public areas, etc.).
- Use ice on the shoulder intermittently over the first 48 hours after surgery.
- Use the prescribed pain medication liberally over the first 48 hours, and then begin to taper your use. ***DO NOT TAKE MORE THAN THE PRESCIBED DOSE.*** You may take Tylenol in place of the pain pills.
- You may remove your dressing after two days. The stitches are to stay in place until your follow up visit. If the incision sites are still moist, place a Band-Aid over the moist site(s). Change Band-Aids daily until dry.
- You may shower 5 days after surgery. The incisions CANNOT get wet prior to 5 days. Simply allow the water to wash over the site and then pat dry. Do not rub the incisions. Make sure your axilla (armpit) is completely dry after showering.
- Take one 81 mg aspirin a day for 2 weeks after surgery, unless you have an aspirin sensitivity/allergy or asthma.
- Every hour while awake you are to perform a set of stretches that have been provided. If you have been ordered a CPM (constant passive motion) machine, you still need to do your stretches every hour. ***THE CPM MACHINE <u>DOES</u> <u>NOT</u> TAKE THE PLACE OF THE HOURLY STRETCHING.***
- Pain medications CANNOT be refilled after hours or during the weekends and they CANNOT be called into a pharmacy. If you anticipate needing more, please plan accordingly.

For any urgent issues or problems including the following:

- Excessive redness around the incision
- Drainage for more than 4 days
- Fever of more than 101.5 F for more than a day

Please call **206-386-2600** or **1-800-262-3435** (My medical assistant Stephen Schrater can be reached at extension 141 during normal office hours)

If a post-operative appointment has not been made for you, please call **206-386-2600**. You should see the doctor **7-10** days after your surgery.

PS PROLIANCE SURGEONS ®

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