

## Patient Education Shoulder Arthroscopy

### Dear Patient:

Your doctor has scheduled you for a shoulder arthroscopy. During an arthroscopy, your doctor will look into your shoulder through instruments inserted through small incisions. This surgery allows your doctor to diagnose and treat your symptoms.

### Before your surgery

- ❖ **DO NOT** eat or drink anything after midnight on the night before the surgery.
- ❖ Remove all makeup, finger or toe nail polish, and jewelry before coming to the hospital. Remove piercings (earrings, tongue ring, etc.).
- ❖ When you arrive, you will be taken to your room to get undressed and into a hospital gown
- ❖ Your doctor, anesthesia, and you will determine the type of anesthesia you will receive. You may have a local block anesthesia and be awake during the surgery or you may receive general anesthesia which makes you sleep through the surgery.
- ❖ A nurse anesthetist will visit with you regarding the type of anesthesia you will receive. Please tell the anesthetist if you have dentures or partials.
- ❖ You will have an IV started, using local anesthesia, in the Same Day Surgery area.
- ❖ You will be asked to mark the affected shoulder with a marker.
- ❖ Your shoulder may be washed with betadine solution prior to surgery. If this is not done in the Same Day Surgery area, it will be done in the surgery room. The affected shoulder will be shaved prior to surgery.

### During your surgery

You will have a heart monitor and blood pressure cuff applied, and a pulse oximeter (measures the oxygen in your blood) placed on your finger. If you have a local anesthesia, the anesthetist will give you medication through your IV which will make you drowsy for a short period of time. If general anesthesia is given, the anesthetist will give you medications through your IV which will make you sleep through the surgery. Your doctor will make small incisions in your shoulder through which he can insert an instrument for viewing your shoulder and make necessary repairs. The surgery time varies depending on what the doctor finds wrong with your shoulder.

If you had general anesthesia, you will go to the recovery room to awaken. You will be monitored in the recovery room for approximately 1 hour. If you had local anesthesia, you may return to Same Day Surgery immediately after surgery.

### After your surgery

- ❖ You will be taken back to your room for further monitoring for a short time. You will be encouraged to cough and deep breathe frequently.

- ❖ During this time you will need to be assisted to the bathroom. Please press your call light and ask for assistance when getting up.
- ❖ You will have a dressing over your incision(s). You will also have an arm sling on. Your doctor does not want you to use the affected arm until he gives you instructions to do so at your follow-up appointment.

Pain/Medications: Your doctor has pain medication available for you upon request. **DO NOT** take pain medication on an empty stomach.

Diet: You will be given water to drink after your surgery. If you tolerate this without nausea or vomiting, you may have clear liquids such as sprite, jello, broth, decaf coffee, etc. If tolerated, you may begin slowly advancing to a normal, well-balanced diet.

Dismissal: You will need to have someone drive you home from the hospital. Please remember that you may still feel sleepy/tired when you go home. Go directly home and keep all follow-up appointments with your doctor.

### **After Dismissal**

Activity: You will need to rest for the remainder of the day. **DO NOT** drive or sign legal documents for 24 hours after your surgery, or while taking pain medication.

Do not use your affected arm until instructed by your physician. Use the sling as instructed.

Pain: The doctor may order pain medication for you to take. Please take as directed. **DO NOT** take with alcohol. Drink extra water or juices when taking a prescription pain medication to prevent constipation. A non-aspirin pain reliever, such as Tylenol or Ibuprofen can be taken for minor pain.

If you go home with a wound infusion pump, instructions will be given upon dismissal.

Dressing: Remove the dressing when instructed. Keep the dressing clean and dry. When the dressing is removed, place bandaids over the sites.

If you have any of the following, call your doctor.

- ⊗ Increase redness or swelling around the incision
- ⊗ Yellowish, green, or foul smelling drainage from the incision
- ⊗ Temperature greater than 101 ° F.
- ⊗ Chills or other flu like symptoms
- ⊗ Increase in severity of the incision pain
- ⊗ Bleeding through the dressing (dressing is saturated with blood)

Please refer to your dismissal instructions for further information.