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After Surgery Instructions after Arthroscopic Capsular Release

General Information: At the time of your surgery an interscalene block is placed by the anesthesiologist, your shoulder, and arm will be numb. Also you will not be able to move your hand and elbow. This will wear off between 6 and 24 hours after surgery. You may also experience drainage or fluid from the incisions the first day after surgery; this is because arthroscopy is performed by “pumping” water into your shoulder. It is also common to have an elevated temperature the first 24-48 hours after surgery, it is recommended that Tylenol be taken and that you cough and take deep breaths every hour to expand your lungs.

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| Pain Management | Take the prescribed pain medication for pain. Follow the direction on the package. If there are any question regarding the pain medication, please call our office If you wish, you may take over-the-counter pain medication such as acetaminophen (Tylenol), ibuprofen (Advil, Nuprin, or Motrin), naproxen (Aleve) instead. It is recommended to take pain medication with food. |
| Icing and Elevation | You have been fitted with a Polar-Care devise which circulates cold water around your shoulder for pain relief and control of post-operative swelling. You may use this device continuously for the first three to five days and then as needed thereafter. You will need to refill the thermos with ice water as necessary. |
| Dressings | Special waterproof bandages have been applied to your incisions. Remove the dressing two days after the surgery. Cover the small incision with Band-Aids for one week. |
| Showering | You may shower starting the day after surgery with these special bandages. Avoid soaking or scrubbing the incision until two weeks. |
| Activities | Wear the sling only while the nerve block is still working so the arm is not just hanging. Once nerve block has worn off you should start moving the arm to prevent stiffness in the shoulder. |
| Follow-Up | You should have a follow-up appointment for approximately 10 days after surgery. If you do not have a follow-up appointment, please call the office to arrange one. |

If something seems wrong or out of the ordinary please contact the office at 925-355-7350