

Dr. Michael B. Ellman

**POSTOPERATIVE INSTRUCTIONS:
ARTHROSCOPIC SHOULDER CAPSULAR RELEASE**

DIET

- Start with clear liquids and light foods (jellos, soups, etc.) and gradually progress to your normal diet.

WOUND CARE

- Maintain your operative dressing and loosen bandage if swelling of the elbow, wrist, or hand occurs.
- It is normal for the shoulder to bleed and swell following surgery. If blood soaks onto the bandage, reinforce with additional dressing.
- Remove surgical dressing on the *third* post-operative day. Apply waterproof band-aids over incisions.
- To avoid infection, keep surgical incisions clean and *dry* – you may shower without the sling starting the day after surgery – NO immersion of operative arm (i.e. bath).
- Avoid smoking – this increases your risk of infection.

MEDICATIONS

- Common side effects of pain medication are nausea, drowsiness, and constipation. If constipation occurs, consider taking an over-the-counter laxative.
- Do not drive a car or operate machinery while taking narcotic medication.

ACTIVITY/EXERCISE

- Consider using inclined positions and a pillow under the forearm to provide better comfort for rest.
- DO NOT lift or perform any repetitive, above shoulder level activities in the first 7-10 days following surgery.
- Avoid sitting for long periods (without arm supported) or long distance traveling for 1 week.
- NO driving until instructed otherwise by physician.
- May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable.
- Begin pendulum, elbow, and shoulder blade exercises 24 hours after surgery – complete 3-4 times per day until your first post-operative visit.
- Formal physical therapy will begin 2-3 weeks following your surgery.

IMMOBILIZER (if prescribed)

- Your sling should be worn as needed (for comfort purposes only).

ICE THERAPY

- Immediately after surgery, use icing machine continuously or ice packs (if machine not prescribed) for 15-20 minutes every 2-3 hours daily until your first post-operative visit.

****EMERGENCIES****

Contact Dr. Ellman or his assistant at 303-233-1223 if any of the following are present:

- Unrelenting pain
- Fever over 101° (it is normal to have a low grade fever for the first day or two following surgery) or chills
- Excessive redness around incisions or color change in wrist or hand
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting

**If you have an emergency after office hours or on the weekend, contact (303)233-1223 and the Physician's Assistant on call will respond. Do NOT call the hospital or surgery center.

***If a need requires immediate attention, proceed to the nearest emergency room.*