



Arthroscopic Contracture Release

Postoperative Instructions

THE OPERATION Your operation was done through the arthroscope. I looked inside your shoulder with a small telescope. The scar tissue limiting your shoulder movement tissue was removed with special instruments.

PAIN You will be given prescriptions for pain medicine. Have these filled at your local pharmacy or where your insurance plan has made arrangements. These may be taken every 3 hours for pain if needed. The ice pack should be worn regularly for 48-72 hours after surgery. This will help reduce swelling and pain. After that you may wear the ice pack as much as you would like.

BANDAGE A soft bandage has been placed on your shoulder. It will soak up any blood or fluid. If there is a lot of water in the bandage you may change it tonight. You may take the bandage off tomorrow morning.

WOUNDS The 2 or 3 small holes may be sore and develop bruising over the next several days. This will go away and no special care is needed. Band-aids may be placed over the wounds for comfort. As the tapes over your incisions become loose you may remove them. The sutures are under the skin and they dissolve.

BATHING It is safe to take a shower or bathe 24 hours after surgery. You may wash the incisions with regular soap and water.

ACTIVITY Do not wear a sling. Use your arm as much as possible. Try to keep your elbow as far from your body as possible. Physical therapy exercises are very important. The exercises will prevent the scar tissue from returning. You may use your arm for whatever movements and activities you desire. Pain should be your guide. If a motion is painful do not try to work through the pain. If an activity is not painful go ahead and use your shoulder as naturally as possible.

THERAPY The ice pack should be worn for 1 hour, four times a day for 3 days after surgery. If you are using the CPM chair, use the ice pack for 1/2 hour after each of your 4 daily chair sessions. If you have decided not to use the CPM chair, use the ice pack after each stick and pulley session. This will help reduce swelling and pain. After that you may wear the ice pack as much as you would like.

PRECAUTIONS If you have a temperature, severe pain, or redness in your shoulder, please contact the office.

FOLLOW-UP Make an appointment to see me about 2 weeks after your surgery.