

## Post-Operative Instructions – Arthroscopic Selective Release

### Diet

- Following surgery, nausea is very common. Begin with clear liquids and progress to your daily diet as tolerated.

### Wound Management

- A bandage is applied to the operative site. Keep this in place for 48 hours after surgery.
- It is normal for there to be drainage and for the dressing to become blood tinged. If this occurs, reinforce with additional dressing.
- Remove the dressing after the 2<sup>nd</sup> post-operative day. It is still normal for there to be some drainage from the incision. Apply steri-strips or band-aids to the incision sites.
- Do not shower until after the dressing is removed. No baths or hot tubs!
- Do not use any topical agents over the incision sites.
- Sometimes small incisions are made that do not require suture closure. Please do not be alarmed by this.

### Activity

- An abductor wedge will likely be worn for 4 weeks at night to sleep in only.
- You are encouraged to walk in a controlled environment in order to avoid prolonged sitting.
- You may take your arm out of the sling during the day to allow the bending and straightening of your elbow, wrist and hand.
- Pendulum exercises may be performed the day after surgery.
- No driving until instructed by your physician.
- Sleeping may be done in a reclining chair or bed with the use of pillows to support the operative site as tolerated.
- Generally, if you have a desk job you may return to work on the third post-operative day.
- Return to a physically demanding job will be discussed at your post-operative visit.
- Physical therapy will begin prior to your first post-operative visit.
- Physical therapy will be 5 times per week for 2 weeks, followed by 3 times per week for 3 weeks.

### Ice/Cryotherapy

- Ice should be used for 30 minute increments 4-5x a day as tolerated.

## Medication

- Pain medication: Most patients require the use of narcotic pain medication for a period of time after surgery. You are encouraged to take your prescribed pain medication as indicated on the bottle regardless of pain level for the first 24 hours after surgery.
- Anti-Inflammatory Medication: You may take an over-the-counter anti-inflammatory medication (Ibuprofen or Advil, up to 600mg up to 3 times daily) after surgery in addition to your pain medication, unless you have a history of stomach ulcers. If you are not taking pain medication, you may still take an anti-inflammatory medication for inflammation, pain and swelling. Common side effects of pain medication include: nausea, insomnia, itching, constipation, drowsiness, and hallucinations. Take medications with food to reduce side effects. Do not drive or operate machinery while taking narcotic pain medication.
- Nerve Block: If you received an inter-scalene nerve block, numbness and loss of function may persist for up to 24 hours after surgery.

## Post-Operative

- Your post-operative appointment will be 7-10 days after your surgery.

## Emergencies

- **If at any time you have questions or emergent concerns, contact Dr. Trenhaile, or his Physician Assistant Michael Gilbertson, PA-C at (815-398-9491).**
- If you are calling after hours or over a weekend you will be directed to the physician answering service and you may be called by the physician or physician assistant on call.
- Please call if any of the following arise:
  - Fever over 101 (it is normal to have a low grade fever for the first 1-2 days after surgery)
  - Redness
  - Painful swelling
  - Numbness
  - Shortness of breath
  - Excessive bleeding and/or drainage from incision sites.
- If you require immediate attention, go to the nearest emergency room

**If you have any questions, please call Dr. Trenhaile's Nurse – Kari or Clinical Assistant - Alyssa at 815-381-7313. After hours (normal clinic hours are 8am-5pm), please call 815-398-9491.**