

Postoperative Instructions: Arthroscopic Lysis of Adhesions

● GENERAL

- Your surgery was performed through an incision at the front and back of your shoulder. It is normal to experience some sharp pain in the shoulder when working on moving your the joint. You are not doing any damage by moving the shoulder and feeling this pain.

● DIET

- Begin with clear liquids and light foods (jellos, soups, etc.)
- Progress to your normal diet if you are not nauseated
- Take Zofran prescribed to you if you develop nausea

● WOUND CARE

- Maintain your operative dressing, loosen bandage if swelling of the foot and ankle occurs, or wrap your foot and ankle with an ACE wrap
- It is normal for the shoulder to bleed and swell following surgery – if blood soaks through the bandage, do not become alarmed – reinforce with additional dressing
- Remove surgical dressing on the third post-operative day – if minimal drainage is present, apply dry gauze over incisions and change daily – you may then shave around the wound as long as the wounds remain sealed with a large piece of gauze and tape
 - REMOVE THE ACE WRAP, GAUZE WRAP AND GAUZE. **DO NOT REMOVE THE WHITE BANDAIDS (STERISTRIPS) ACROSS THE SKIN OR ANY SUTURE MATERIAL YOU NOTICE**
- If you note increasing drainage on the gauze, increased redness around the wound (spreading), or milky drainage from the wound, please call the office
- To avoid infection, keep surgical incisions clean and dry – you may shower by placing a large garbage bag over your brace starting the day after surgery – NO immersion of operative leg (i.e.bath) and no water running over the wound
- You can come out of the sling once comfortable and the block has worn off.

● MEDICATIONS

- You were likely given a numbing block before the procedure, this will wear off in 8-12 hours. We recommend that you start pain medications when you get home so that they are on board before this wears off.

- Most patients will require some narcotic pain medication for a short period of time – this can be taken as per directions on the bottle and is given for a maximum of 6 weeks.
 - Common side effects of the pain medication are nausea, drowsiness, and constipation – to decrease the side effects, take medication with food – if constipation occurs, consider taking an over-the-counter laxative
 - If you are having problems with nausea and vomiting, try the Zofran prescribed and contact the office to possibly have your medication changed (312-432-2440)
 - Do not drive a car or operate machinery while taking the narcotic medication
 - Ibuprofen 200-400mg (i.e. Advil) may be taken in between the narcotic pain medication to provide baseline relief, reducing the overall amount of pain medication required, and increase the time intervals between narcotic pain medication usage
 - We recommend all patients take 325mg of Aspirin daily starting the day after surgery for 3 weeks to help prevent blood clots.
- **ACTIVITY**
- Work on keeping your range of motion by performing activities of daily living as tolerated
 - NO driving until instructed otherwise by physician and no driving while taking narcotics
 - May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable
- **ICE THERAPY**
- Begin immediately after surgery
 - Use icing machine or ice (if machine not prescribed) every 2 hours for 20 minutes daily until your first post-operative visit. Icing is a perfect time to also perform elevation
- **EXERCISE**
- Formal physical therapy (PT) will begin before your first post-operative visit and the script will be faxed to your therapy location of choice
 - Please call the office with the location information and we will fax the prescription over
- **EMERGENCIES****
- Contact Dr. Yanke at 312-432-2440 if any of the following are present:
 - Painful swelling or numbness
 - Unrelenting pain

- Fever greater than 101.5° at least 48 hours after surgery surgery) or chills
- Redness that is spreading around incisions
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Excessive nausea/vomiting
- Difficulty breathing/chest pain - Consider going directly to the emergency room if this is persistent
- ****If you have an emergency after office hours or on the weekend, contact the same office number (312-432-2440) and you will be connected to our page service – they will contact Dr. Yanke**
- ***Do NOT call the hospital or surgicenter.**
- ****If you have an emergency that requires immediate attention, proceed to the nearest emergency room.**

- **FOLLOW-UP CARE/QUESTIONS**
 - You will receive a call within 48 hours of surgery to check on your status. Typically this will be the night of surgery
 - If you have additional questions that arise at any time, feel free to email Adam.Yanke@rushortho.com
 - If you do not already have a postoperative appointment scheduled, please contact the office during normal office hours (312-432-2440) and ask for appointment scheduling.