

**THOMAS F. GOLDEN, M.D.**

A Professional Corporation

Diplomate American Board of Orthopedic Surgery

Fellow American Academy of Orthopedic Surgery

**Ventura**

168 N. Brent St., Suite 505

Ventura, CA 93003

Office: (805) 648-3902

Fax: (805) 648-4014

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## Shoulder Arthroscopy Instructions

We are planning an outpatient procedure, which means that you will likely go home about an hour or two after your surgery. The surgery itself will usually take about two hours.

You will have a chance to speak with the anesthesiologist prior to the surgery to discuss the kind of anesthesia that you will require. Make sure that you don't eat or drink anything after midnight prior to your surgery.

We will send a prescription to your pharmacy for pain medication at the time of your pre-op visit -so you can get it filled prior to the surgery. To lessen the pain, I inject some pain medication into the shoulder after the surgery that can last about 6 hours. Take your pain med at home when you need it. Eat lightly because nausea not uncommon the first day after anesthesia.

The surgery is done by minimally invasive technique, so there are usually three or four small incisions, which I close with sutures. I put steri-strips over the sutures. You can take your dressing off the day after surgery. There may be a little drainage that will require a band aid or small gauze dressing. Keep the wounds clean and dry. On the third (3<sup>rd</sup>) day after surgery you can take a shower. Let the water run off the wounds, but don't soak them in a bathtub or hot tub.

Keep your sling on unless washing or changing clothes. Keep your armpit clean with a washcloth and mild soap and water. Do not actively lift your arm, and don't lift anything. You may straighten and bend your elbow but without weight or force. Go ahead and squeeze on a ball or sponge to exercise your hand. Use an ice pack or ice machine wrapped in a towel at least 20 minutes every couple of hours while awake for the first few days.

I will see you in the office a few days after surgery to explain exactly what I did to fix your shoulder, and I will show you pictures of the surgery. During that visit, I will likely remove the sutures and give you exercises and/or physical therapy as indicated.

Please call us if you are having trouble or have any questions at 648-3902 x 106. Ask for Angela.