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SPORTS MEDICINE
FELLOWSHIP TRAINED

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POST SURGERY INSTRUCTIONS SHOULDER ARTHROSCOPY

Diet:

1. Advance from liquids to a regular diet as tolerated.

Activities:

1. Ice shoulder. Do not place ice directly on skin. Avoid frostbite.
2. Maintain sling.

Exercise:

- 1) Begin exercises when comfortable:
 - 1) Grip Strengthening - Make tight fist or grip rubber ball. Hold for 10 seconds. Repeat 30 times, 3 times per day.
 - 2) Hand Range of Motion - Move your fingers on a regular basis.
 - 3) Wrist Range of Motion - Move your wrists for 30 seconds in multiple planes. One set each hour.
 - 4) Elbow range of Motion - Bend and straighten your elbow for 30 seconds. One set, 4 times per day.
You may remove your sling to move your elbow. Keep your elbow at your side at all times.

Dressings:

- 1) Maintain your dressing for 48 hours.
- 2) After 48 hours, remove dressing. Do not remove the steri-strips but add Band-Aids.
- 3) Keep your surgical incisions clean and dry.
- 4) It is common to have the dressings lightly soiled with blood.
- 5) Do not take a bath.
- 6) Shower after 48 hours when your dressings have been removed.
- 7) Do not place any topical ointments on your incisions (e.g., Neosporin, alcohol, or peroxide).

Pain Medications:

- 1) Utilize pain medications as prescribed.
- 2) Avoid driving, utilizing machinery or alcohol use while taking the pain medications.
- 3) Avoid taking over the counter Tylenol while on the prescribed pain medications.

Follow Up Appointment;

- 1) Call the office at 408.297.3484 to schedule a follow up visit on 7 -10 days from surgery.
- 2) Surgical procedure details and findings will be discussed at your initial follow up visit.
- 3) If needed, you may contact Dr. Stidham prior to your initial follow up visit.

Emergency Room:

- 1) Go to the Emergency Room if chest pain or shortness of breath occurs.
- 2) Contact Dr. Stidham when you arrive to the Emergency Room.