



Orthopaedic Specialists of Modesto

1335 Coffee Road, Ste. 100
209-524-4438, ext. 120 or 121
Modesto, CA 95355
Fax: 209-524-4401
www.orthomedcenter.com

Michael B. Purnell, M.D.
William J. Holmes, M.D.
Paul J. Braaton, M.D.
Naoki Miyakawa, PA-C
Stephen Fall, PA-C
Stacy Garrison, PA-C

DISCHARGE INSTRUCTIONS FOR SHOULDER SURGERY ***Diagnostic Arthroscopy or Subacromial Decompression***

AFTER YOUR SURGERY:

1. Apply ice to shoulder for 72 hours.
2. Use of arm: remove from sling 3-4 times per day and swing in gentle circles at your side. Exercise elbow, wrist & fingers.
3. Other: _____

ACTIVITY:

1. Do not drive or operate any equipment on the day of your surgery. The effects of anesthesia and/or medication are still present and drowsiness may occur.
2. Take deep breaths and cough 4-5 times per day for 1 week.
3. Limit activity; no strenuous exercise or play without your physician's approval.

DIET:

1. Drink lots of nonalcoholic liquids and then begin a light diet.
2. Resume a normal diet the day after your surgery.
3. Other: _____

WOUND CARE:

1. Remove dressing in 72 hours (approx. 3 days)
2. Place bandaids over your incisions.
3. Other: _____

BATHING:

1. You may take a shower 72 hours (approx. 3 days) after surgery. Take a shower first, then change your dressing.
2. Avoid soaking in a bathtub, pool, or spa for 2 weeks.

IF TAKING ORAL PAIN MEDICATION:

1. Follow instructions for use printed on prescription.
2. Do not take pain medications on an empty stomach.
3. Do not drive or drink alcoholic beverages when taking pain medication.
4. If medication causes a reaction such as nausea or skin rash, stop the medication and call your physician.

CALL PHYSICIAN FOR:

1. Temperature above 101 degrees or severe chilling.
2. Persistent nausea and vomiting.
3. Pain not relieved by oral medication.
4. Excessive bleeding or drainage on the dressing.
5. Any signs of infection at the incisions (redness, hot to touch, or tenderness). Some redness and swelling is normal.
6. Swelling, coldness, paleness, or blue color of fingers (compare to your other hand).
7. Numbness or tingling in the operative foot after initial numbness following surgery has worn off.

•Your surgeon can be reached at 524-4438, ext. 120 or 121, if you have any of the above problems or have any questions.

•Please make a follow-up appointment at your surgeon's office in 7-10 days.