

SHOULDER ARTHROSCOPY

PREPARING FOR SURGERY

- **Pre-registration at hospital or surgery center:** Once you have been given a surgery date and facility, you will receive an email with the phone number and/or website to preregister. The facility will then be able to determine which labs and/or tests will be needed prior to surgery.
- **Medical Clearance:** If you have been asked to obtain Medical Clearance from your primary care provider or specialist, please make this contact as soon as possible. You will not be able to schedule a date for surgery until the Swift Shoulder Institute has received the Medical Clearance form indicating that you are safe to proceed with surgery.
- **Clothes:** Taking on and off your shirt can be challenging after shoulder surgery. We recommend obtaining several loose or button-up shirts which can be worn on the day of surgery and for several weeks beyond while you are immobilized in your sling.
- **Recliner/Pillow wedge:** After surgery, you may be more comfortable sleeping in an upright position. You may consider obtaining a recliner or a wedged pillow. It is recommended that you sleep in an upright position while the nerve block is in place (12-60 hours after surgery) as you may feel short of breath when lying flat.
- **Purchase Aspirin:** You will be asked **AFTER** surgery to take 81mg Aspirin twice daily for 2 weeks. Do not take aspirin or traditional NSAIDs (ibuprofen/naproxen) for seven days prior to surgery as these medications increase risk for excessive bleeding.
- **Cold Therapy:** Ice is strongly recommended after surgery to decrease swelling and help control pain. A simple bag of ice or frozen gel pack is adequate in most cases. However, if you would like more information on a cold therapy machine, please contact the providers below regarding insurance coverage and rental/buying options.
*Please see attached flyer for more information regarding these devices.
 - **Game Ready - Michelle Turri** (775)848-5415
 - **Kodiak - Pacific Medical** (775)525-0851
- **Immunizations (flu/COVID/pneumonia):** Please do not have any vaccines two weeks before or two weeks after surgery.

PRE-OPERATIVE VISIT

- **Pre-op office visit with Dr. Malcarney:** You will be scheduled for a pre-operative office visit within 30 days of surgery. Specifics of your procedure and pre/post-op medication use will be reviewed.
- **Physical Therapy prescription:** You will receive a prescription for physical therapy at your pre-op office visit. We recommend that you contact a physical therapy facility approved by your insurance plan to schedule your initial visits. Please call as soon as possible as to avoid delay or scheduling problems. Physical therapy is typically prescribed to start two weeks after surgery and extend for 6-12 weeks postop and sometimes beyond.
- **Pain Medication prescription:** A prescription for pain medication will be sent to your pharmacy of choice. If you are under contract with a pain management clinic, please communicate with your pain management provider that you are having surgery so your prescription can be adjusted as necessary.
- **Post-op office visit with Dr. Malcarney:** You will be scheduled for a post-operative appointment 10-14 days after surgery. Sutures will be removed at that time. Arthroscopic photos will be reviewed. Specific details of your procedure and anticipated recovery will be discussed.

PRIOR TO SURGERY

- **Medications:** Please refrain from taking the following medication seven days prior to your procedure as they may cause increased bleeding during your procedure. These medications may be resumed at any time after surgery.
 - Aspirin, Ibuprofen, Advil, Motrin, Naproxen, Aleve, Indomethacin or any other anti-inflammatory pain medication.
 - Fish oil and herbal supplements.
 - It is OK to take Tylenol (acetaminophen) and/or Celebrex prior to surgery.
- **Blood Thinners:** If you are taking a blood thinner (i.e. Coumadin, Xarelto, Pradaxa, Plavix, Eliquis) please discuss with the prescribing physician, and confirm with our office at your pre-op appointment, a plan to stop and re-start your blood thinner. All patients on a prescription blood thinner other than aspirin require a medical clearance from the prescribing physician prior to surgery.

- **Constipation:** With the use of pain medication, some may experience constipation. If you have a history of trouble with constipation, you may want to start a stool softener 2-3 days prior to surgery and eat a high fiber diet.
- **Confirmation phone call:** You will receive a call the day before your surgery to confirm check-in time.
- **Dental Procedures:** Please refrain from dental procedures for 2 weeks prior to your shoulder surgery.

THE DAY OF SURGERY

- **Eating/Drinking:** Please have nothing solid to eat after midnight the night before surgery. You may have clear liquids up to 2 hours prior to surgery **check-in time**.
- **Clothing:** Wear a loose fitting or button up shirt to surgery as it will be easier to put on with your sling after surgery.
- **Nerve block / Anesthesia:** In most cases, an interscalene nerve block is performed by the anesthesiologist 30 minutes before your procedure. You will also be asleep for the procedure under general anesthesia. You should not feel much pain when you wake up from surgery due to the effects of the nerve block.
- **Surgery:** A shoulder arthroscopy typically takes 1-2 hours to complete.
- **Recovery:** You will spend approximately two hours recovering in the hospital after surgery. Your family/support member will be called in for the last hour of your recovery for review of post-operative instructions.
- **Sling:** You will wake up from surgery with your arm in a sling. It will be adjusted prior to your discharge home to assure a proper fit.
- **Going home:** You may go home the day of surgery. Post-operative instructions will be reviewed by the recovery room nurses.

AFTER SURGERY

- **Nerve Block:** The effects of the nerve block may last from 12-60 hours depending on the medication used. You may need to sleep in a reclined position for the first few days as the nerve block may cause shortness of breath when lying flat.
- **Dressings/shower:** Keep your shoulder dressing clean and dry after surgery. You may remove your post-operative dressing three days following surgery. You may shower then. You may let soap and water run over incisions. Please cover your incisions with band-aids which can be changed as needed to keep your incisions covered until sutures are removed at your first post-operative visit.
- **Baths/Pool/Hot Tubs.** Please do not submerge your incision in a hot tub, pool, or bath until at least six weeks after surgery. Make sure that your incision is healed with no remaining scab or drainage before submerging in water.
- **Compression Hose/TED hose:** Compression hose/TED hose will be placed on your legs prior to surgery at the hospital. Please keep these on for at least 2 days. These help control leg swelling as well as reduce risk of blood clots.
- **Ice:** Use ice or cold therapy to your shoulder as you feel necessary to help with the pain and swelling. Typically, this is 20 minutes on and 20 minutes off for the first several days following surgery. Cold therapy units can be used as directed.
- **Sling:** Please wear your sling. You may carefully remove the sling when awake and seated. You may remove the pillow portion of the sling after 2 weeks. If you have questions regarding your sling i.e., how to wear sling, broken pieces or need a replacement, please contact Pacific Medical at **775-525-0851**.
- **Activity:** It is ok to come out of sling and move your elbow, wrist and hand. Please do not lift anything heavier than a cup of coffee on your operative side. Codman/pendulum exercises are encouraged 3-5 times a day, please see attached sheet on how to perform these exercises. You will need to remove the sling to perform these exercises.
- **Pain Medication:** Take your pain medication as prescribed, only as needed. Do not drive or operate machinery while taking narcotic pain medication. You may resume anti-inflammatory medicine any time after surgery. Please take medication with food as this will help avoid stomach upset.

- **Aspirin:** Please take 81mg Aspirin twice daily starting the morning after surgery and continue for 2 weeks.
- **Driving:** Please arrange a ride to and from the hospital/surgery center the day of surgery. You may drive as soon as you are off pain medication and feel comfortable behind the wheel.
- **Dental procedures:** Please refrain from dental procedures for 3 months after surgery. There is no need to premedicate for dental procedures following shoulder arthroscopy.

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Stephanie S	Medical Assistant	775-436-0000		sspencer@theswiftinstitute.com		
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Bre	Surgery Scheduling	775-567-3278		bwildman@theswiftinstitute.com		
Fax		775-996-4456				
Appointment scheduling/billing		775-436-0000				
Swift MRI scheduling		775-507-4690				
PacMed (Kodiak or sling)		775-525-0851		Rehab-Reno@pacmedical.com		
Game Ready	Michelle	775-848-5415		michelle_turri@yahoo.com		
Sugery Center of Reno		775-336-6900		www.surgerycenterofreno.com		
Renown South Meadows(Pre-Admit)		775-982-3993				
Northern Nevada Medical Center (Pre-Admit)		775-356-4529				