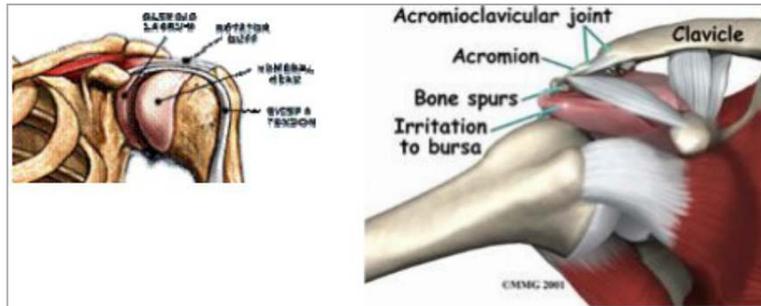


Shoulder Arthroscopy - General

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Arthroscopy is a procedure that allows the doctor to inspect the inside of your shoulder with an arthroscope, which is a thin fiber optic scope. Most shoulder problems that require surgery can be managed with special instruments requiring only very small incisions while viewing



through the arthroscope. Keep in mind that though you may have the same incisions as another patient, you may have had a completely different injury and therefore a different operation and thus a different recovery plan. Therefore, your recovery plan will be tailored to your particular needs.

Remember, even though the incisions are small, surgery has been performed inside the shoulder. You should expect some post-operative discomfort which is typically a lot less than a more classic open surgery. There will be a local anesthetic in your shoulder after surgery and medication will be ordered to provide additional pain relief at home. Don't forget to take your pain medications the first day even if your shoulder feels "fine". The local anesthesia will wear off and it is nice to have taken pain meds before it does and will help in your recovery. Taking the pain medications after the local anesthesia wears off is always less effective.

You will be able to leave the hospital after you recover from anesthesia. You will need someone to drive you home from the hospital. Physical therapy will be ordered if necessary.

The following are tips to help you be ready for your surgery:

For workers compensation patients only: If your injury is covered by Worker's Compensation, we must have written approval for your surgery. We must have written approval for your surgery. Please confirm this with Dr. Reznik's secretary before you do the following:

All Patients are required to have current bloodwork and a urinalysis done with 30 days prior to your surgery date. Our secretary will mail you the necessary requisition form to bring to the lab with you.

You may need to schedule a pre-op exam. In general, patients over age 50 or any patient with



medical concerns need a physical exam within 30 days prior to surgery. This may include a chest x-ray and EKG prior to surgery. Please check with Dr. Reznik or his nurse to see if this is required for you.

If a pre-op exam is needed and scheduled with your Primary Care Physician, please call Dr. Reznik's secretary, Theresa, at (203) 865-6784 to let her know the date and time of this appointment. She will then fax over the necessary paperwork your Primary Care Physician, who will need to complete and return the paperwork to our office.

Our secretary will also give you your appointments for both your pre-op and post-op visits with Dr. Reznik. Your pre-op appointment with Dr. Reznik is usually scheduled for approximately one week prior to surgery. It is during this visit that Dr. Reznik will answer any questions you may have regarding your procedure and give you all the prescriptions you need following your surgery. It is okay to fill your prescriptions prior to your surgery, **BUT DO NOT START TAKING THEM UNTIL AFTER YOUR SURGERY**. Your post-op visit will be scheduled for seven to ten days following your surgery.

Physical Therapy usually starts three or four days post-op unless otherwise indicated. You will also receive a prescription for this at your pre-op visit. Please be sure to schedule the first three to four therapy appointments while you are in the office for your pre-op appointment.

Pre-Operative Planning

Inform your family and friends about your surgery, should you need help during your recovery.

Plan and freeze meals in advance for your recovery time.

Have ice bags available. A large bag of frozen peas or corn wrapped in a towel works well. Gel ice packs work well also. Have pillows available to position the limb and elevate the arm as needed.

Stop taking Herbal supplements, Aspirin and aspirin-like drugs such as: Advil, Motrin, Aleve, Daypro or Naprosyn, 7-10 days prior to surgery. Refer to our list "Medications to avoid 10 days prior to surgery".

The Day of Surgery

Do not eat or drink anything after midnight the night before surgery!

You may brush your teeth, provided you do not swallow ANY water. You may brush your teeth provided you do not swallow ANY water. Remove all jewelry. Remove nail polish.



Have someone to drive you to and from the hospital. You will not be allowed to drive yourself home from your surgery.

Get your prescriptions filled before your surgery day but do not start to take until after your surgery.

Put crutches in the car.

Wear loose fitting, comfortable clothes to the hospital.

If you wear contact lenses, remove them and wear glasses to the hospital.

Post-Operative Instructions

Medications: Take your medications as prescribed after surgery. If you have questions regarding your medication, please call Dr. Reznik's office at (203)-865-6784.

Fluids: Drink plenty of fluids while you are taking pain medication as it can cause constipation; Increasing your fluid intake will help prevent this problem.

Driving: You may not resume driving until you are seen by the physician.

Dressing/Showering: The dressing is to remain clean and dry. After 48 hours, you may remove the dressings, leaving the small yellow Xeroform "steri-strips" on if present. These will be removed along with any stitches you may have, at your first post-op visit. You may shower today. Pat the incisions dry, don't rub the scabs off. Cover each incision with a plan Band-Aid. Do not use creams or ointments on the incisions.

Ice: Use ice bags for 24-48 hours post-op to reduce pain and swelling. Alternate ice bags 20 minutes on and 10 minutes off. Never place ice bag directly on skin as this can cause frostbite, always wrap ice in a towel.

Stop smoking: Smoking slows the healing process by interfering with the making of new DNA. Smoking also increases the risk of infection and pneumonia after surgery by slowing your body's white blood cells.

Blood Clots: Patients at high risk for blood clots include:

- Those with long car or train commutes
- May be overweight (*BMI>30)
- Have a history of cancer
- Females on birth control pills



- Males over the age of 40

These patients should be taking 1 aspirin per day for 6 weeks after surgery unless allergic to aspirin

*BMI or body mass index is a number calculated from a person's weight and height. BMI provides a reliable indicator of body composition. The index is used to screen for weight categories that may lead to health problems: To determine your BMI:

<http://www.cdc.gov/nccdphp/dnpa/bmi/>

Deep Breathing: Be sure to regularly take a deep breath and blow it out. This helps to clear the lungs after anesthesia.

Call Dr. Reznik immediately if you develop a fever, experience stomach upset, or notice excessive redness, warmth, or swelling at surgical site or if you have excessive bleeding or odorous drainage from surgical site.

When sleeping, place 1 or 2 pillows under the operative side elbow to keep the arm in place. Some patients find it more comfortable to sleep in an upright position.

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Revised 3/11/11