



Brent M. Lawrence, MD
(501) 321-0555

SURGERY INSTRUCTIONS FOR SHOULDER ARTHROSCOPY

Surgery Date: _____

The surgery center or the hospital will call you the day before your surgery with the estimated surgical time and check-in time. If you have not heard from the surgery facility regarding your surgery time, please call them directly. Dr. Lawrence's office cannot give you your surgery time.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE SURGERY.

You may take medicine **blood pressure/heart medication, stomach medication, anti-seizure medication** the morning of surgery with a tiny sip of water. Anything else you might eat or drink the morning of the surgery will necessitate canceling your surgery.

DO NOT take insulin/oral diabetic medication or diuretics (water pills) the morning of surgery. Please notify the pre-op nurse when you arrive that you are diabetic.

STOP all aspirin products/blood thinners/arthritis medications 3-7days prior to surgery (Refer to the "Medications to Stop Before Surgery" handout for specific instructions). Please review your list of medications with the nurse and note which ones should be discontinued prior to surgery. Bring all home medications in original bottles with you to the hospital on the day of surgery. If you have any questions regarding your medications, please contact our office.

Please advise Dr. Lawrence if you are currently taking blood thinners, have a history of heart surgery or history of blood clots in your legs or lungs. Failure to do so could result in your surgery having to be rescheduled.

DO NOT chew gum, dip or smoke the morning prior to surgery.

You must remove all jewelry and body piercings prior to surgery. Metal attached to the body is not allowed in the operating room. Please remove all fingernail and toenail polish.

You will need to have someone with you to drive you home following your surgery! You will not be allowed to drive yourself home.

The day of surgery, you will be taken to the operating room holding area thirty to sixty minutes prior to your operation. There, the holding room nurse and anesthesiologist will talk to you about your medical history and answer any questions you have before taking you to the operating room. The scheduled time of your operation is approximate; delays may occur due to changes in the surgical schedule, although the time varies with each individual case.

We suggest that you bring or wear a loose fitting shirt that buttons down the front to wear home following your surgery. **DO NOT** wear a pull-on shirt or t-shirt.

The type of dressing or immobilization you will have depends on the type of surgery performed. In some instances a splint, sling or abduction pillow will be used. Your doctor will explain the reasons for your individual treatment.

Pain in your shoulder is expected in the immediate post-operative period. Pain medication will be available when you need it. If you received a block prior to surgery, often times, you will experience a spike in pain as the block wears off, usually 12 to 24 hours after the procedure.

You will need to use ice packs to help reduce swelling in your shoulder post-operatively. Swelling following surgery is normal, but ice will help control and reduce the amount; this will also help decrease discomfort.

If no complications arise and surgery has proceeded as planned, you will go home as soon as you awake and are stable enough to do so. This is usually about one to three hours after surgery.

After surgery, you will start physical therapy either immediately or after a period of immobilization, depending on the procedure performed. Your physician will advise you of your specific rehab instructions. Physical therapy is a very important aspect of your rehabilitation. You will be taught exercises to strengthen your muscles and to stretch as needed. These exercises will have to be done regularly. The total time for rehabilitation depends on the condition and surgery.

If you or your family has questions or concerns, please contact Ashlee in our office at (501) 321-0555.