

## DR. NORRIS- SHOULDER SCOPES

### General Information

Dr. Norris and his office staff are available 24/7. If you have a problem or question during business hours please contact the office at 309.663.6461 or the nurses' line at 309.662.2958. If you have a problem or question after business hours please contact the office answering service at 309.823.0311.

You should return directly home and rest for the remainder of today, the day of surgery. You should not drive for 24 hours, and do not drive until you are confident that you can drive safely. There is no reliable way anyone can say when it is safe for you to drive; you need to be honest with yourself. You should not make any important personal or business decisions for at least 24 hours. Do not drink any alcoholic beverages for at least 24 or if you are taking any narcotic pain medications.

### DRESSING

Keep the dressing clean and dry for the first 48 hours. Cover and do not get wet when showering during the first 48 hours only. Remove the dressing 48 hours after surgery. You may shower and allow incision to get wet, but no soaks or cleaning incisions until instructed at follow up appointment. Pat dry and may leave open to air or cover with Band-Aids. Do not remove any steri- strips, stitches, or dermibond that may be covering your incision. Do NOT apply any Neosporin, alcohol, or hydrogen peroxide to the incision.

### ACTIVITY

**If you are in an immobilizer** only remove it to shower and to do pendulum exercises. You may remove the wrist and forearm strap periodically to work on wrist/elbow motion to avoid stiffness. The first few days after surgery you do not need to worry about doing the pendulum exercises. Allow yourself time to rest and take your pain medicine regularly.

**If you are only in a sling** continue to wear sling until you can tolerate performing activities of daily living without pain. You may want to wear the sling out in public the first few weeks after surgery to alarm others that you have had recent surgery. You may work on motion and use your arm for daily activities as you tolerate. Do not resume any lifting more than a coffee cup until instructed to so by either Dr. Norris or physical therapy. The first few days after surgery you do not need to worry about doing your exercises. Allow yourself time to rest and take your pain medicine regularly.

You may find it more comfortable to sleep in a recliner or elevated in the bed.

You will usually get some black and blue discoloration around the area of your incision. This may travel to other areas over the next couple days due to gravity or elevation. This is normal and comes from blood seeping through the tissues.

### PAIN AND NAUSEA

Take pain medications as directed.

Dr. Norris will prescribe Percocet (oxycodone) for severe pain and Norco (hydrocodone) for mild to moderate pain. Do NOT take both medicines at the same time. You may want to start with the Norco (hydrocodone) first and have the Percocet (oxycodone) as a back- up if the pain is not tolerable. Always take the narcotic medicine with food; otherwise they may upset your stomach. Do NOT take Tylenol in addition to the narcotic medicines. If you received a shoulder block, do not wait until you have pain to start taking pain pills. Take at least the minimum dose every 6 hours for the first 24 hours after surgery.

Dr. Norris will also prescribe Toradol (ketorolac) which is a strong anti-inflammatory medication. This medicine will help decrease inflammation, swelling, and pain. You are to take this medicine every 6 hours with food until gone. Always take Toradol with food; otherwise it may upset your stomach. If you have continued problems with your stomach despite taking with food, please stop taking the medicine and contact our office.

Depending on what anesthesia is used, you may experience some nausea and vomiting. Most often it is occasioned by eating just before leaving the surgery center and then bouncing around in the car. Give yourself some time between eating and leaving the surgery center. If you get nauseated or vomit, give yourself some quiet time and it usually resolves.

### PRECAUTIONS

A little swelling, redness, and bleeding is normal. If your dressing becomes saturated or if you have redness, swelling, or drainage like an infected scratch or pimple, this may not be normal and you should call the office or after hours number.

A fever greater than 101.5 degrees F is abnormal. If you think you have a fever, take your temperature with a thermometer. Call Dr. Dr. Norris if it is over 101.5 degrees F.

**OFFICE APPOINTMENT**

Upon discharge, you will receive your postoperative appointment date and time. If you have any further questions please feel free to contact my office.

Once again please call Dr. Norris/nurse Katie if you have any questions. Try to call during daytime hours if possible. However, Dr. Norris would rather hear from you at any time than not at all.

Main Office Number      309.663.6461      Nurses' Line      309.662.2958