

Utah Orthopaedic Specialists – Shoulder Arthroscopy (Scope) and Open Ligament Surgery for Instability

5323 South Woodrow Street, Suite 200, Salt Lake City, UT 84107 (801)-747-1020

Dr. John G. Skedros, M.D.

Member of Society of American Shoulder and Elbow Surgeons



Thank you for choosing me to scope and surgically treat your shoulder. I hope the following information helps you with your surgical experience. Please feel free to call with any questions you may have.



What can I do before surgery to prepare?

- Continue physical therapy exercises as tolerated.
- Don't eat or drink after midnight the night before surgery. If you have diabetes, ask for specific instructions.
- Do take your regular medications with water the morning of surgery.
- Dress in loose fitting comfortable clothes the day of surgery.

What should I do after surgery to assist with my recovery?

- **Take your prescribed pain medication(s) according to the instructions on the bottle/package.**
- Make a follow-up appointment to see Dr. Skedros 2-3 weeks after surgery.
- Eat what feels good to you but stick to more bland foods at first.
- Take one full strength aspirin every day for one month after surgery to prevent blood clots.
- **If you or a family member has had a blood clot before, tell Dr. Skedros so a stronger medication can be used to prevent blood clots.**
- Move as often as tolerated to prevent blood clots.
- You can begin moving your hand and elbow immediately.
- You can remove your sling to dangle your arm at you side as long as it feels comfortable; otherwise, keep your sling on at all times.
- You can remove the dressing over your shoulder after five days and take a shower if your incision is dry, but don't soak the incision for the first week after surgery.
- Keep a band-aid and antibiotic ointment on your wound when you are not taking a shower.

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- Some leakage of fluid and blood is common and usually is not serious; call if it gets worse over time.
- Dr. Skedros's medical assistant can see you one week after surgery if needed.

When can I begin to exercise again?

- This depends on how quickly you heal. Dr. Skedros will help you determine this at your follow up appointment.

What medications can I take to help with the pain?

- **Take your prescribed pain medication(s) according to the instructions on the bottle.**
- You can take 500 mg of Tylenol every 4 hours or 800 mg of Ibuprofen every 8 hours. **DO NOT** take Tylenol and Ibuprofen at the same time, but they can be alternated. Make sure there is at least 2 hours between each time you alternate between Tylenol and Ibuprofen.
- **DO NOT** take extra Tylenol if you are taking medications like Percocet, Endocet, Norco, or Lortab – these all have Tylenol. **BE CAUTIOUS HERE! Too much Tylenol can be VERY DANGEROUS.**

What can I do to avoid dangerous blood clots that can form behind my knees and thighs?

- Move your knees and ankles regularly in order to increase circulation.
- It is often a good idea to take one baby aspirin each day for about one month after most surgeries. But do not take aspirin if you are already on a blood thinner. If you are not sure, then call your regular doctor to see if you can take aspirin.

What symptoms should I watch for to prevent complications?

Call as soon as possible if you experience:

- Fever
- Increased pain
- Increased swelling
- Generally not feeling well

If you experience chest pain or shortness of breath call our office immediately or go to your closest emergency room or urgent care facility.