



POST OPERATIVE INSTRUCTIONS

Arthroscopic Selective Release

Diet

- Following surgery, nausea is very common. Begin with clear liquids and progress to your daily diet as tolerated.

Wound Management

- A bandage is applied to the operative site. Keep this on for 48 hours after the surgery.
- It is normal for there to be drainage and for the dressing to become blood tinged
- Remove the dressing after the second post-operative day. It is still normal for there to be some drainage. Apply steri-strips or band-aids to the incision sites.
- No showers until after the dressing is removed. No baths or hot tubs!
- Sometimes small incisions are made that do not require suture closure. Please do not be alarmed by this.

Activity

- An Abductor Wedge will likely be worn for 4 weeks at night to sleep in only.
- You are encouraged to walk in a controlled environment in order to avoid prolonged sitting.
- You may take you arm out of the sling during the day to allow the bending and straightening of your elbow, wrist and hand.
- Pendulum exercises may be performed the day after the surgery.

- Physical Therapy will begin prior to your first postoperative visit.
- Physical Therapy will be 5 times per week for 2 weeks followed by 3 times per week for 3 weeks.
- No driving until instructed by your physician
- Sleeping may be performed in a reclining chair or bed with the use of pillows to support the operative site as tolerated.
- Generally, if you have a desk job you may return to work on the third post operative day, with no use of the operative arm.
- Return to a physically demanding job will be discussed on your postoperative visit

Ice/Cryotherapy

- An ice machine or ice packs will be provided and applied at the conclusion of your surgery.
- Use continuously for the first 72 hours postoperatively, then in 30 minute increments 4-5 times per day thereafter as tolerated.

Medications

- Most patients require the use of narcotics for a period of time after surgery. Take as directed.
- If you received an interscalene block, numbness and loss of function may persist for up to 24 hours postoperatively. You are encouraged to take your prescribed pain medication as indicated on the bottle regardless of pain for the first 24 hours.

OVER

- Common side effects of pain medication: nausea, insomnia, itching, constipation, drowsiness, hallucinations.
- Take medications with food to reduce side effects
- Do not operate machinery or moving vehicles while taking the pain medication.
- Ibuprofen, Motrin, Advil or Aleve may be taken as directed in addition to the pain medication to control symptoms
- A follow-up appointment will be set for 7-10 days after the surgery. If you have questions or concerns about this date contact our scheduler at (815-381-7332) during normal office hours.
- If you have additional questions or concerns most questions can be addressed by our Nursing staff(Kari and Jamie) by calling (815-381-7313).

Emergencies

- **If at any time you have questions or emergent concerns contact Dr. Trenhaile or his physician assistant Michael Gilbertson, PA-C at (815-398-9491).**
- If you are calling after hours or over a weekend you will be directed to the physician answering service and you may be called by the physician or physician assistant on call.
- Please call if any of the following arise:
- Fever >101. (It is normal to have a low grade fever for the first 1-2 days after surgery)
- Redness
- Painful swelling
- Numbness
- Shortness of breath
- Excessive bleeding and/or drainage from incision sites
- If you require immediate attention, go to the nearest emergency room