
Discharge Instructions after Arthroscopic Capsular Release

General

- Use ice on the shoulder intermittently over the first 48 hours after surgery, then as needed.
- Caution: Narcotics are habit forming and have multiple side effects. Begin to taper your use as soon as you are able.

Activity

- A sling has been provided for you for use only while your arm is numb. Discontinue the sling and begin using your arm as soon as your strength returns. Do not drive while in your sling and/or on narcotic medications.
- Move your fingers frequently to prevent swelling.
- Stay hydrated and walk frequently to avoid pneumonia, blood clots, and constipation.

Over the counter medications

- To prevent constipation: Stool softener of choice. A prescription for Senokot has been provided, but use whatever keeps you regular (Miralax, Colace, Dulcolax or Senokot).
- For pain: Tylenol should be used (as long as you do not have liver disease) for pain.
- Blood thinner: Aspirin 325 mg daily for 2 weeks unless you are already on a different blood thinner (Coumadin, Xarelto, lovenox, etc.) starting the day after your surgery.

Wound care

- You may remove your dressing after two days, leave any steri-strips/sutures/staples in place. They will fall off on their own.
- You may shower 5 days after surgery. The incision CANNOT get wet prior to 5 days. Simply allow the water to wash over the site and then pat dry. Do not rub the incision. Make sure your axilla (armpit) is completely dry after showering.
- Wait at least 1 month after your surgery to submerge yourself in a pool.
- Keep incision out of direct sunlight until the scars fade (months).
- If garments irritate incision, feel free to cover with a band-aid or gauze.

Diet

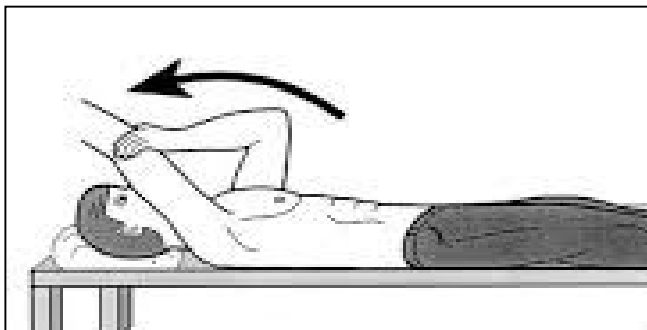
- Stay hydrated
- High fiber diet with extra fresh fruits and vegetables

Concerning Findings

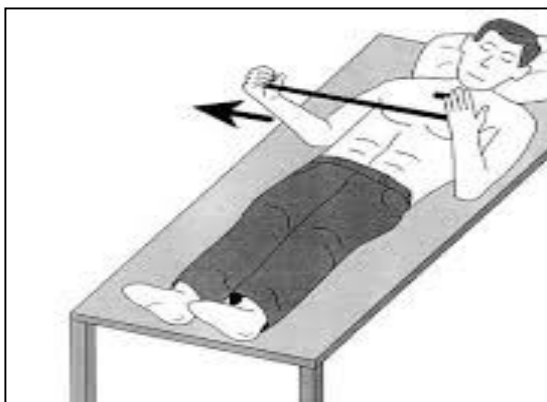
If you have any problems:

- During business hours call the office: [312.432.2880](tel:312.432.2880)
- After hours call and ask for the orthopaedic resident on call: [312.432.2880](tel:312.432.2880) , option 0
- Concerning findings: Excessive redness of the incisions, Drainage for more than 4 days after surgery, Fever of more than 101.5° F
- **Your motion was full in the operating room—it is up to you to maintain it before the capsule heals back in a tightened position.**
- **You should see Dr. Garrigues or his PA 10-14 days after your surgery. If you do not have an appointment, please call 708-236-2701 to schedule**

Stretches: Every hour while awake for 4 weeks



Overhead reach is helping to lift your stiff arm up as high as it will go. To stretch your overhead reach, lie flat on your back, relax, and grasp the wrist of the tight shoulder with your opposite hand. Using the power in your opposite arm, bring the stiff arm up as far as it is comfortable. Start holding it for ten seconds and then work up to where you can hold it for a count of 30. Breathe slowly and deeply while the arm is moved. Repeat this stretch ten times, trying to help the arm up a little higher each time.



External rotation is turning the arm out to the side while your elbow stays close to your body. External rotation is best stretched while you are lying on your back. Hold a cane, yardstick, broom handle, or golf club in both hands. Bend both elbows to a right angle. Use steady, gentle force from your normal arm to rotate the hand of the stiff shoulder out away from your body. Continue the rotation as far as it will go comfortably, holding it there for a count of 10. Repeat this exercise ten times.