

Webster Surgery Center
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Discharge Instructions for Arthroscopic Capsular Release

General Information: At the time of surgery an interscalene block is placed by the anesthesiologist, your shoulder, arm and hand will be numb. Also you will not be able to move your hand and elbow. This will wear off between 6 and 24 hours following surgery. You may also experience drainage or fluid from the incisions the first day after surgery, this occurs because arthroscopy is performed by “pumping” water into your shoulder.

It is also common to have an elevated temperature the first 24-48 hours after surgery, it is recommended that Tylenol be taken and that you cough and take deep breaths every hour to expand your lungs.

Pain Medication Narcotic pain medication can be used for severe pain, it is recommended that it is taken **before** the nerve block wears off. Anti-inflammatory medication (motrin, advil, ibuprofen) should be taken the day after surgery.

Dressing Changes Remove the operative bandage 2 days after the surgery. Cover small incisions with band-aids for one week. Remove Steri-strips one week after surgery.

Shower Wait for 3 days after surgery to take a shower. Avoid soaking or scrubbing the incisions until 2 weeks.

Sling Wear the sling only while the nerve block is still working so the arm is not just hanging.

Activities Move your fingers, wrist and elbow actively at least 5 times a day. It is very important that you start your rehab as soon as you get home.

Rehabilitation Phase I Rest and Gentle Stretching
A. Time frame immediately after surgery to 2 weeks post-op
B. Exercises: refer to the stretching program given to you pre-op
These exercises should be performed every hour starting the moment you get home. Try to sleep with your arm over your head.
C. Physical Therapy: You should have appointments set up for every day of the week after your surgery and 3 days the next week.

