



JONAS R. RUDZKI, MD

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SPECIALIZING IN SHOULDER & KNEE SURGERY

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POST-OPERATIVE PATIENT INSTRUCTIONS:

Shoulder Arthroscopy, Capsular Release

Please remove your surgical dressing on the morning of the 2nd day after your surgery.

Keep the wounds covered with a bandage or band-aids for 4 additional days.

You will begin your therapy exercises on the evening of surgery and we would like you to see the therapist within 48 hrs of your surgery. Your work in therapy at home every day and at the therapist 2-3x per week is essential to your success.

Please do not use Bacitracin, Neosporin or any other creams under the bandages.

Apply the Cryocuff or an ice-pack at least 4 times each day for 30 minutes and after each time you do your exercises.

You may shower quickly (3 minutes) on post-operative day #3 if the incision is completely clean and dry. Cover the shoulder with plastic wrap and secure it with tape. Wash the axillary area (arm pit) daily with soap and a moist towel.

Please do not soak the shoulder (no baths, hot tubs, swimming or soaking).

Your sling should be worn for ~2-3 weeks ONLY WHEN YOU ARE OUT OF THE HOUSE to provide both comfort and support. Five days after your surgery, you should not wear the sling at home around the house or at work when sitting in a chair.

It will be helpful to sleep propped up with pillows and with a pillow supporting your elbow.

Please call the office to schedule a follow-up appointment to have your sutures removed 10-14 days after your surgery.

If you develop a fever (temperature greater than 101.5 F), redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.

You will receive 2 prescriptions for you to use after surgery. The first will be an anti-inflammatory medication which you will start on the 3rd day after surgery (typically either Daypro or Celebrex) and the second will be a pain medication (typically Oxycontin and Percocet).

The anti-inflammatory medication may cause you to experience heart-burn or stomach upset in which case you should discontinue it immediately. The pain medications are all opioid narcotic derivatives which have potential side effects that include constipation, nausea and sleepiness. These pain medications should not be taken on an empty stomach and they should only be taken as needed for pain.

If you have any questions, please contact our office.

