



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

1. ***Before surgery, please call Dr. Rudzki's MA to schedule your first postop appointment for 7-10 days post-op.*** At the 1st post-op appointment, we will remove your dressings, remove your sutures, and discuss the plan for your therapy and recovery. If you have staples, they will be removed at your 2nd postop, and we will determine the timeframe for the 2nd post-op appointment your 1st post-op appointment.
2. 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.
3. You will receive 3 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 Celebrex) and the other two will be pain medications (typically morphine sulfate & Oxycodone).
 - The anti-inflammatory medication may cause you to experience heart-burn or stomach upset, so you should take it with Pepcid. If you experience these symptoms despite taking Pepcid, you should discontinue the Celebrex immediately.
 - These pain medications are all opioid narcotic derivatives, which have potential side effects that include constipation, nausea and sleepiness. Please take over the counter laxatives and stool softeners (ex. Peri-Colace, MiraLax, etc.), drink a lot of water, and eat dried apricots/ prunes 3x/day. These medications should not be taken on an empty stomach.
4. You may slowly resume a regular diet as tolerated. We recommend you start slowly with clear liquids, diluted Gatorade, chicken/beef broth & crackers:
 - As soon as you get home, take small bites of food (1/4 turkey sandwich, diluted Gatorade, chicken soup, crackers) and 30 minutes later take your first pain pill (Oxycodone). Repeat this process 45-60 minutes later and take a 2nd pain pill (Oxycodone). Repeat again 45-60 minutes later and take a morphine sulfate. From this point forward, take Oxycodone 1-2 tabs every 4-6 hrs and morphine sulfate 1 tab every 12 hours. ***It's important to stay ahead of pain, but do not take the pain pills if you are sedated. If you are 21 years or older, take 1 baby aspirin twice a day for DVT prophylaxis.***
5. 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. Please do not use Bacitracin, Neosporin or any other creams under the bandages.
 - ***Do not shower or get your incision wet until cleared to do so by Dr. Rudzki.*** Please do not bathe/soak the surgical area or go swimming in the pool/hot tub/ocean.
6. 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. It is essential that you do your home exercises every day and that you work with the therapist per the schedule below. Apply the GameReady at least 4 times each day for 30 minutes and after each time you do your exercises.
 - Week 1-2: 5x/week
 - Week 3-4: 4x/week
 - Week 5-6: 3x/week
 - Week 7-10: 2x/week
7. 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.

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

Dr. Rudzki's MA can be reached at 202-787-5601 ext 652 or RudzkiMA@alignedortho.com

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