

Rachel M. Frank, MD

Department of Orthopedic Surgery Sports Medicine
University of Colorado School of Medicine
www.RachelFrankMD.com

OFFICIAL HEALTH CARE PARTNER



UC Health Steadman Hawkins - Inverness

Orthopedics and Spine Surgery Center 175 Inverness Dr West,
Suite 400 Englewood, CO 80112
P: (720) 516-9863
P: (303) 694-3333

CU Sports Medicine Center

2000 S. Colorado Blvd. Colorado Ctr., Tower One, Suite 4500
Denver, CO 80222
P:(720)848-8200

Superior Capsular Reconstruction Post Operative Instructions

● Wound Care:

- After surgery, the wound is covered with gauze pads and tape(Tegaderm). Due to the large amount of fluid used during arthroscopy, it is normal to see some bloody drainage on the dressings. If bright red blood soaks through the dressings, please call Dr. Frank's office.
- The dressing can be **removed after 3 days** and wounds covered with dry gauze or waterproof Band-Aids. **Do not remove the steri-strips or cut any of the visible sutures.** There may be some incisions that do not have steri-strips over them.
- **Showering:** Once bandages are removed, you may shower with water-proof band-aids overincision and steri-strips. Please take caution as to not pull off steri-strips when removing band-aids.

● Medications:

- **Pain Control:** Local pain medication is injected into the shoulder during surgery – this will wear off within 4-6 hours. Most patients will require some narcotic pain medication (i.e. hydrocodone, or other codeine-derivative) for a few days after surgery – please take as instructed. It is important not to drink alcohol or drive while taking narcotic medication. If your pain is minimal, you may discontinue the use of narcotics.
- **Other Medications:**
 - **Anti-Inflammatory:** Multiple over the counter options → only use 1 of these options, and stop immediately if experiencing side effects (indigestion, heartburn, bloody stool)
 - Ibuprofen 600-800 mg (i.e. Advil, Motrin): Take every 8 hours as needed
 - Naproxen 220-440mg (i.e. Aleve): Take every 12 hours as needed with food
 - Meloxicam 15mg (i.e. Mobic): Take once daily as needed with food
 - **Anti-Nausea:** Zofran (Ondansetron): Take every 8 hours as needed for nausea
 - **Muscle relaxant:** Flexeril (Cyclobenzaprine): Take every 8 hours as needed for muscle spasms
- **Constipation:** The use of narcotics can lead to constipation. Adequate hydration, over-the counter stool softeners, and mobility can minimize constipation problems.
- **Normal medications:** Resume the day after surgery unless otherwise instructed.
- **Sling/Immobilizer:** Unless otherwise instructed, you should wear your postoperative sling/immobilizer at all times, including while sleeping. The sling can be taken off for showering; however, care must be taken to protect the shoulder at all times.
- **Activity:** Unless otherwise instructed, you should delay starting home exercises until after initial post-operative visit. You may use your arm to assist with eating and personal hygiene unless specifically instructed not to by Dr. Frank. You may not bear any weight with your operative arm. Be sure to use and move your hand, wrist, and elbow in order to decrease swelling in your arm. While exercise is important, don't over-do it.

Superior Capsular Reconstruction Post-Operative Instructions



Post-Operative Shoulder Exercises ONLY PERFORM IF INSTRUCTED TO DO SO BY DR.FRANK'S TEAM



Pendulum Circles: Shift your body weight in circles to allow your injured arm to swing in circles freely. Perform 3-4 times a day.



Pendulum Forward-Back: Shift your body weight forward then back to allow your injured arm to swing forward and back freely. Perform 3-4 times a day



Pendulum Side to Side: Shift your body weight side to side to allow your injured arm to swing side to side freely.



Elbow Flexion Extension: Grasp your wrist and slowly straighten your elbow. Use your non-surgical hand to lift your hand and bend the arm.



Elbow Pronation/Supination: Place elbow on center of Dina Disc. Alternate pronation and supination "rotating your forearm." Rotator 10-15 times, 3-4 times per day