



**MIDWEST  
ORTHOPAEDICS  
AT RUSH**

## **Post-Operative Instructions: Shoulder Manipulation Under Anesthesia and/or Capsular Release**

### **Prescription Medications**

#### ***Colace (Docusate Sodium):***

- This medication is to help with constipation, a common side effect after taking narcotic pain medications (like Norco) and general anesthesia.
- Take 1 pill in the morning and 1 in the evening to prevent constipation.
- It is normal to take several days to make a bowel movement after surgery
- Drink plenty of clear liquids as the anesthesia can cause dehydration/constipation as well

#### ***Hydrocodone/Acetaminophen (Norco):***

- This is a narcotic medication for pain, to be taken **AS NEEDED**.
- Plan to stay on a scheduled dose of 1-2 tablets every 4-6 hrs for the first 1-3 days.
  - Can then begin to space out / discontinue the medication, transitioning to Acetaminophen (Tylenol) only
  - **DO NOT** exceed 4,000 mg of Acetaminophen in a 24 hour period.
- Do not drive, drink alcohol, or take Acetaminophen (Tylenol) or additional narcotics/pain medications **WHILE** taking this medication

#### ***Scopolamine patch:***

- For some patients, the anesthesia team will put on a scopolamine patch behind your ear to prevent nausea.
- If you are prescribed one, you can leave this in place for 72 hours.
- When you take it off, wash your hands thoroughly or it can make your vision blurry.

#### ***Zofran (Ondansetron):***

- This is an anti-nausea medication.
- It is a dissolving tablet that is to be placed on your tongue – allow it to dissolve, and swallow.
- Take 1 tablet as needed every 4-6 hours for the first 2 days after surgery.

### **Wound Care**

- Leave the bulky surgical bandage on and **DO NOT** shower for 48 hours.
- After 48 hours, remove bandages and gauze, but **LEAVE STERI-STRIPS** (white tape) **IN PLACE**.
  - You may shower at this point.
  - Cover incision sites with waterproof bandage prior to getting into the shower.
    - Should the incisions accidentally get wet, pat them dry with a clean towel – **DO NOT SCRUB**
- It is normal to see a lot of blood-tinged (may be pinkish-yellow) soaked fluid on the bandages
- In between showers, leave the incision sites open to air
  - **DO NOT APPLY LOTIONS OR OINTMENTS TO THE INCISION SITES**
- Your stitches will be removed at your first post op visit



- You may shower at this point without waterproof bandages over the incision sites.
- **DO NOT** scrub the incision sites – you may let soap and water run down the incisions and pat dry with a towel once you're done.
- **DO NOT** soak in any pool/bath water until 4 weeks after surgery.

### **Home Treatments**

- Icing the shoulder multiple times daily is important to reduce inflammation
- Use of oral NSAIDs, if able to tolerate, may also help with the rehabilitation. These medications do not interact with the postoperative medications prescribed and can be used in conjunction with pain medications. Please use as prescribed on the bottle.
- Home exercises/stretchers should be performed in addition to PT multiple times daily

### **Physical Therapy (PT)**

- PT should start within 1-2 days postop – alternative instructions may be provided based on the nature of your repair
  - PT will be prescribed 3-5x /week depending on your level of stiffness.
- Choose a physical therapy clinic close to your home so you can be compliant with your program.
- Please bring your prescription for therapy and PT protocol (provided on surgery day and also on the website) to your first appointment.
- If you do not have a therapist in mind, or wish to be provided information for a therapist, we can provide you with a list of physical therapist recommendations that we commonly refer our patients to, depending on your location

### **Follow-Up**

- You will need to follow up for your 1st post-operative visit 2 weeks from surgery – this will be a PA visit
- A new physical therapy prescription will be given to you at that time and any sutures will be removed
- Please call central scheduling to make an appointment (contact information below).

### **When Should I Contact the Office?**

- If you have a fever >100.4° F.
  - A low grade temperature (up to 100° F) is expected after surgery but let us know if it gets this high!
- If you develop chills or sweats.
- If you have pus, significant pain, warmth or redness surrounding the incision sites.
- If you are unable to urinate >1-2 days after surgery
- If you are unable to pass a bowel movement >6-7 days after surgery

### **Important Information**

- *Office Hours:* Monday – Friday; 7:30am –4:30pm
- *After Hours/Emergency Contact:* Resident/Fellow – 708.236.2600
- *Central Scheduling:* 708.236.2701 | <https://rushortho.radixhealth.com/dash/self/#/schedule/29>
- *Administration:* Jeannie Taylor – 312.432.2525
- *Physician Assistants:* Sara, Delaney, & Erica – 312.432.2388 | [nhopa@rushortho.com](mailto:nhopa@rushortho.com)

**We are in clinic or surgery and not answering calls in real time – we will return all voicemails within 24-48 hours.**