

Shoulder Arthroscopy

Post-Operative Instructions

Wound Care

1. You may change your dressing two days post-op
2. DO NOT remove staples or sutures until seen in the office
3. You may shower two days after your surgery
4. DO NOT soak in a pool, hot tub, or lake for two weeks

Medication

1. You will be given a prescription for pain medication as take as directed
2. As the pain subsides, reduce the amount of medication used
3. You may supplement with an anti-inflammatory (Advil, Motrin, Aleve)

Cold Therapy

1. Use Ice on your arm for 20-30 minutes every 2-3 hours for the first two days.

Physical Therapy:

1. You will be sent home wearing a sling following your surgery.
2. You may remove your sling on a regular basis for the exercise outlined on the attached pages
3. Please follow instructions specifically for your rapid recovery

Possible Complication:

1. Fever- A temperature of up to 101.5 is normal during the first week following surgery. If this occurs, take Tylenol as needed every 4 hours.
 - a. Please contact office if temp is greater than 102 or doesn't respond to Tylenol
2. Drainage- A small amount of blood-tinged drainage is normal and expected during the first 72 hours following surgery.
 - a. If drainage becomes foul smelling or thick please call the office.
3. Swelling- This can occur during the first week after your surgery due to the immobility of your arm. Performing the exercises as instructed in this packet will help reduce swelling and pain.

Post-Operative Appointment

1. You should call the office for a follow-up Appointment 7-10 days after surgery.
- 2.

If you have any questions before that time, please feel free to call 239-261-2663