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Instruction Sheet following Arthroscopic Shoulder Surgery

Sling:

Wear your sling for 24 hours after your surgery. You may use your arm as tolerated for activities of daily living once the sling is discontinued, which can occur at any time after 24 hours as per your comfort level.

Wound Dressing and Showering:

You may remove all dressings and shower 48 hours after surgery. Place Band-Aids over each suture (stitch) before showering. Please use CAUTION!! Be careful not to slip and fall. The effects of anesthesia and/or medication may make you drowsy or light-headed. Do not soak or submerge your incisions in a bathtub, hot tub, or pool until the doctor tells you it is okay to do so. Once you are done showering pat the wounds dry and apply a fresh, dry Band-Aid to each suture (stitch).

Ice:

You can ice the shoulder to reduce swelling and discomfort and should do this anytime it is convenient until your first post-op appointment. Do not ice the shoulder more than 20 minutes at a time. Let the shoulder warm up before reapplication of ice for about 20 minutes. Repeat this cycle as many times as you'd like – it cannot be overdone. If you are using a cryocuff, you may use it continuously. Do not apply ice directly to your skin.

Medication:

You will be given pain medication that should be taken as prescribed. Please note that narcotic pain medication may cause constipation. Please remember to take stool softeners (Colace) when using narcotics to help reduce the chance of constipation. You should not use alcohol together with narcotic medication. Do not drive or operate complex machinery while taking narcotic medication. Please note that most narcotic pain medications have side effects that may include nausea, vomiting, sedation, and/or dizzy spells. If you experience any of these side effects to a severe extent, you should contact our office. When your pain is well controlled (2 days to 2 weeks post-op), you may transition yourself to an anti-inflammatory and Tylenol.



You should restart all of your prescription medications once discharged unless specifically instructed otherwise.

Physical Therapy:

Please start **physical therapy 1-2 days** after surgery. You should have been sent home from surgery with a prescription; call the office if you do not have it so there is no delay in getting started.

Follow-up visit:

You need to see the doctor about 10-14 days following surgery for your first post-op visit. At that time your sutures (stitches) will be removed.

Common Concerns:

Bruising and/or swelling of the shoulder region is common after surgery. This is caused by bleeding from the bone and/or soft tissue into the area just below the skin. Both bruising and swelling can spread down even into the forearm; this is normal. To relieve discomfort from this, use ice.

Please call if:

1. Any oozing or redness of the wound, fevers ($>100.3^{\circ}\text{F}$), or chills.
2. Any difficulty breathing or heaviness in the chest.

REMEMBER - these are only guidelines for what to expect following arthroscopic shoulder surgery. If you have any questions or concerns regarding your shoulder, please do not hesitate to call the office.