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POST-OPERATIVE INSTRUCTIONS FOR SHOULDER ARTHROSCOPY

- 1) You are to remain in your sling at all times. You may remove your sling for general hygiene and to perform elbow, wrist and hand ROM (3 x day). Your physician will instruct you as to how long you are to remain in your sling
- 2) A prescription will be provided for pain medication. Anti-inflammatory medication may be prescribed depending on surgical procedure. These medications should be taken with food. You may use Tylenol instead of the pain medication for less severe pain.
- 3) You may remove your dressings 72 hours after surgery. You may experience drainage from your incisions for 2-3 days after surgery. Apply a dry dressing as needed.
- 4) If incisions are dry, you may shower 72 hours after surgery. Keep incisions covered with a waterproof bandage or plastic while you shower. Pat incisions dry and apply a clean, dry bandage. **DO NOT** apply ointment or cream to incisions.
- 5) Activities:
 - a) Your physician will inform you of your specific restrictions.
 - b) If you underwent rotator cuff or labral repair, you should not attempt to perform any shoulder ROM. Plan to remain in your sling for 6 wks.
 - c) If you underwent shoulder decompression, you should remain in your sling for 2 weeks. You will begin physical therapy within 1 week of surgery and may work on shoulder ROM with your physical therapist.
 - d) Do not use exercise machines unless specified by the therapist.
 - e) Generally, if you have a job with little physical activity, you may return to work on the third post-operative day.
 - f) If your job requires excessive lifting or use of the arm, discuss return to work date with your physician.
- 6) Until your first visit with the doctor following surgery, do not swim, take tub baths, or use a whirlpool. You will return to the doctor for suture or staple removal approximately 10 to 14 days after surgery.
- 7) If you develop any fever (above 101 degrees), unexpected redness/swelling in your upper extremity, uncontrolled nausea or vomiting or have any other questions, please call our office for further instructions.

If you or your family has any questions or concerns, please contact our office at (501) 321-0555