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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 48 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 48 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.