

Post-op PATIENT Instructions: SHOULDER ARTHROSCOPY

Dressing: A dressing has been applied to your shoulder to absorb any fluid/blood. A small amount of blood on the dressing is to be expected. Begin dressing changes 24-48 hours following surgery. Remove the OR dressing, apply sterile gauze to the surgical site and re-tape. A small amount of soap/water or alcohol cleansing adjacent to the incisions is permitted with the first dressing change. Unless directed by your surgeon, no salves, balms, or ointments to the incisions. Band-Aids over the small incisions are recommended until they are completely sealed. Soreness and bruising is expected for several days afterward.

Bathing: Showering is permitted 72 hours following surgery. Soaking the incisions should be avoided.

Ice: Ice is a powerful anti-inflammatory. Icepacks/wraps will help to reduce swelling and pain. Use liberally (20-30 min./session), but remember to protect the skin from direct contact (and frostbite).

Activity: Wear the immobilizer/sling as directed below. The forearm strap may be removed for hand, wrist, and elbow range of motion which decreases extremity swelling. Sleeping in a recliner with pillows behind the elbow may provide additional comfort. No driving until permission is given by your surgeon.

Pain: A narcotic prescription is provided. Fill this and begin taking the narcotic when your pain starts. Nausea, drowsiness, and constipation are common side effects of narcotics. Call the office if you are unable to tolerate your medication.

Precautions: If you develop temperatures above 101.5°F (38.5°C), uncontrolled pain, marked redness, persistent/discharged drainage, or significant swelling. Call the office **(813)-684-2663**

Follow-up: If you do not already have an appointment scheduled, call the office as soon as possible to schedule your first post-op visit.

Special Instructions: _____ (Additionally, follow any indicated instructions below.)

☒ **Schedule physical therapy:** ☒per attached prescription ☒as soon as able
☐other: _____

☒ **Sling / Shoulder Brace:** ☒for _____ weeks; (**NO DRIVING WHILE IN SLING!**)

☒ **Ice (Cryotherapy) Unit:** ☒protect/check skin regularly

† Additional Instructions: