

# ARTHROSCOPIC SURGERY OF THE SHOULDER #1 POSTOPERATIVE INSTRUCTIONS



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**[www.sportsmednv.com](http://www.sportsmednv.com)**

1. First meal at home should be clear liquids.
2. An ice bag should be applied to your shoulder for 20 minutes four times daily for 72 hours. Do not use heat.
3. Exercises are not necessary at this stage. You will be instructed on exercises during your visit to the office next week.
4. A sling is provided for your comfort. Please wear it at all times unless instructed otherwise by me.
5. A prescription will be provided for pain before your discharge home. Do not take any aspirin for one week after surgery (use plain Tylenol instead). Please inform us of any known drug allergy.
6. Wound Care:
  - (a) Keep dressing clean and dry.
  - (b) Do not remove the dressing until you see me in the office.
  - (c) If the wound should become red, more swollen or show any change, call the office immediately.
  - (d) It is not unusual for there to be some bleeding through the dressing initially.
7. Please do not get the incisions wet until the portals are healed.
8. Activities:
  - (a) Let pain be your guide to activity- too much pain, too much activity.
  - (b) Some amount of swelling may be present postoperatively.
  - (c) Do not use exercise machines unless specified.
  - (d) Generally if you have a job with little physical activity, you may return to work 5 – 7 days after surgery
  - (e) If your job requires excessive lifting or use of the arm, then discuss your return to work date with me.
9. Make your follow-up appointment date for approximately 10 - 14 days after your surgery. Until your first check in the office, do not swim, take tub baths, or use a whirlpool.
10. If you develop a fever of 102 degrees or above, unexpected redness or additional swelling in your upper extremity, please notify me at once.

Thank you for following the above instructions. If you have any questions - please call my office. The receptionist will put you in touch with me or my assistant.