

SHOULDER ARTHROSCOPY POST-OPERATIVE INSTRUCTIONS

KANDILNOTES

Movement

- Wear shoulder sling at all times, including sleep
- May remove sling 3-4 times a day to do gentle pendulum exercises for 10 minutes at a time
- May work on bending and straightening elbow and moving fingers immediately after surgery

Weightbearing

- No lifting or shoulder elevation until the follow up

Ice

- Apply ice bags over operative site 20-30 minutes at a time, every hour or two until follow up
- For cooling device, may keep on as much as possible
- To protect your skin, put a thin pillow sheet on your skin when using ice and a plastic bag

Surgical Site

- Keep your incisions dry and covered with the surgical bandage until two week follow-up

Showering

- No showers before the two week follow up
- No baths or swimming or submerging the operative site incision for 6 weeks

Things To Look For

- Call our office at (703) 665-2720 if you experience one of the following
 - Green or yellow drainage from incisions
 - Fever greater than 101°F
 - Increasing, uncontrolled pain after taking your pain meds
 - If the office is closed, call the office at (703) 665-2720 and ask the operator to page the operating surgeon on call
- It is normal to have swelling/bruising and discomfort in the operative area for several weeks post-op

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Pain Management

- Take your pain medication as prescribed. If more pain control is needed, you may take Ibuprofen 800mg three times a day. You can also take Tylenol up to 3,000mg per day. Make sure the total Tylenol intake (including amount in your pain med) does not exceed this
- DO NOT DRIVE while on narcotic pain medications
- For constipation, please take your prescribed Colace stool softener
- For nausea or vomiting, please take the prescribed Zofran anti-nausea medicine

Follow-Up

- Please call to confirm your post-operative appointment 10-14 days after surgery
- Please schedule your physical therapy (PT) appointment if you were given a physical therapy prescription. If you were not given a PT prescription, we will provide one for you at your postop visit