



Post-operative Instructions – Shoulder Arthroscopy

Activity

You may discontinue your sling as tolerated. Start moving the shoulder by leaning forward and dangling the arm, moving in a slow circular motion. You may start to increase your activity as your arm lets you. Limit any reaching overhead or lifting over a couple of pounds.

Most patients sleep in a recliner or in bed propped up with pillows for the first week or two.

Pain Control

During your surgery, you either received a “block” by the anesthesiologist or numbing medication was placed in your shoulder at the end of your surgery. This typically lasts around 8-12 hours. Begin taking your medication when you get home, even if you are not in pain. This will keep your pain down when the numbing medicine wears off. Take all medications as directed.

If you were given a cold therapy device, use it as instructed. If not, ice the shoulder for 10 minutes at a time, several times a day. Do not apply ice directly to the skin. Ice is helpful for swelling and pain for the first 2 weeks.

Dressings

It is normal to have some minimal drainage on the dressing. If it becomes soaked, please call the office.

Keep the dressing on and dry for two days, then remove and apply band-aids over each incision. You may shower after you remove the dressing. It's ok to let the water and soap wash over the incisions. After the shower, replace the band-aids with dry ones.

Change the band-aids daily until the incisions are sealed and dry.

Follow-Up

If not already arranged, call the office as soon as you can to schedule your post-op visit for 7-10 days after surgery. We will review your surgery and photographs at that appointment.

Call Immediately for...

Bleeding that isn't stopping, temperature over 101.5 degrees, increasing severe pain, swelling or redness.