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Dr. Cincere

Post – Operative Instructions for Shoulder Arthroscopy

## 1. Rest, Ice, Elevation

- Typically sleeping in a recliner will be most comfortable or sleeping on several pillows with one under the operative arm.
- Ice your shoulder at least 15-20 minutes every 2 hours while awake for the first 3-4 days, this will help control pain and decrease swelling.
- Stay in your sling, unless otherwise directed, removing before instructed may cause damage to the surgical repair.

## 2. Exercise

- Unless instructed remain in your sling, you may use your wrist and hand to hold small objects but nothing more than the weight of a pencil.
- Physical therapy instructions will be given to you at your follow-up appointment

## 3. Medication

- Take the following medication as instructed:

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To minimize stomach upset, take with food. An over the counter reflux medication, like Prilosec, may be taken with anti-inflammatories. Remember narcotics may cause constipation, a laxative may be needed and drink plenty of water.

## 4. Dressing/Showering

- Slight bleeding or clear fluid drainage is very common. You may remove the bulky dressing on the 3<sup>rd</sup> day after your surgery, keep dry until then. After that the incisions may be rinsed in the shower but do NOT soak in a tub, do NOT scrub, pat dry.
- Place dry dressing on the incisions but do Not place any topical ointments, peroxide or alcohol. Replace sling
- If you have a pain catheter, it can be removed at this time, following Anesthesia's instructions

## 5. Questions/Concerns Call 423-624-6584

- Fever greater than 101.5 degrees F
- Numbness, loss of good color or coolness in the arm
- Severe pain unresponsive to narcotic medication
- Excessive bleeding or vomiting
- Difficulty breathing or shortness of breath, Call 911 or go to the ER

## 6. Follow Up

- Your post-operative appointment is scheduled on \_\_\_\_\_