



Arthroscopic Post Operative Shoulder Instructions

- Your surgery has been performed arthroscopically through several small incisions. In order to do this, we used saline (salt water) to expand your shoulder joint in order to visualize the inside of your joint. It is normal to have some clear or bloody drainage from your incisions for several days after surgery.
- Call your physician if there is expanding redness or obvious pus coming from your incisions.
- You will have a large dressing on your shoulder covering the surgical area.
- Unless otherwise directed, you may remove the large outer bandages on the second day after your surgery.
- Underneath the dressing, your incisions are typically closed with dissolvable stitches under the skin and tape strips over the incisions. Do not remove the tape strips. If they fall off, re-cover the incisions with non-occlusive band-aids.
- **Do not place any topical ointments on your incisions (peroxide, alcohol, Neosporin, etc.).**
- You may have a pain catheter which delivers a numbing medicine in your shoulder. This should be removed at the time you remove the dressing. Follow Anesthesia's instructions
- You may remove your sling for showering and Physical Therapy only, unless otherwise directed by your physician
- After your dressing is removed, you may begin to shower. Water may run over your incisions (and tape strips). Do not scrub your wounds. Keep your arm by your side when the sling is off. Pat the incisions dry and replace non-occlusive band-aids over the incisions, if needed. Do not submerge your incisions under water in a bath-tub.
- Stay in your sling, unless otherwise directed. Coming out of your sling before directed and using your muscles to move your arm can result in damaging your surgical repair.
- Go to physical therapy. Early passive motion (someone moving your arm for you) and stretching are the keys to avoiding a stiff shoulder
- Ice your shoulder. You should apply an ice pack to your shoulder for at least 15 to 20 minutes every 2 hours while awake for the first 3-4 days after surgery. This will decrease your swelling and help with your post-operative pain.