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Instruction Sheet following Arthroscopic Shoulder Surgery

Sling:

Wear your sling for 24 hours after your surgery. You may use your arm as tolerated for activities of daily living once the sling is discontinued, which can occur at any time after 24 hours as per your comfort level. You should avoid lifting above shoulder level/overhead activities with your shoulder until the doctor clears you to do these things.

Wound Dressing and Showering:

You may remove all dressings and shower 48 hours after surgery. Place Band-Aids over each suture (stitch) before showering. Please use CAUTION!! Be careful not to slip and fall. The effects of anesthesia and/or medication may make you drowsy or light-headed. Do not soak or submerge your incisions in a bathtub, hot tub, or pool until the doctor tells you it is okay to do so. Once you are done showering pat the wounds dry and apply a fresh, dry Band-Aid to each suture (stitch).

Ice:

You can ice the shoulder to reduce swelling and discomfort and should do this anytime it is convenient until your first post-op appointment. Do not ice the shoulder more than 20 minutes at a time. Let the shoulder warm up before reapplication of ice for about 20 minutes. Repeat this cycle as many times as you'd like – it cannot be overdone. If you are using a cryocuff, you may use it continuously.

Physical Therapy:

Please start **physical therapy 2 days** after surgery. You should have been sent home from surgery with a prescription; call the office if you do not have it so there is no delay in getting started.

Follow-up visit:

You need to see the doctor about 7-10 days following surgery for your first post-op visit. At that time your sutures (stitches) will be removed.

Common Concerns:



Bruising and/or swelling of the shoulder region is common after surgery. This is caused by bleeding from the bone and/or soft tissue into the area just below the skin. Both bruising and swelling can spread down even into the forearm; this is normal. To relieve discomfort from this, use ice.

Please call if:

1. Any oozing or redness of the wound, fevers ($>101.3^{\circ}\text{F}$), or chills.
2. Any difficulty breathing or heaviness in the chest.

REMEMBER - these are only guidelines for what to expect following arthroscopic shoulder surgery. If you have any questions or concerns regarding your shoulder, please do not hesitate to call the office.