

Shoulder Arthroscopy Post-Operative Care

Dressing/Wound Care

- Do NOT get the bandage wet.
- Remove the bulky bandages and dressings (**not the white steri-strips**) after:
 - 2 days for Drs. Rockett, Shah, Healy and Osuch
 - 3 days for Dr. Christiano
- Leave the white steri-strips on the skin until they fall off on their own
 - You may place band-aids over the small wounds.
- You may notice some drainage around the wound, this is normal.
 - If this persists more than five days, please call the office as a precaution. This can still be normal.
- If you have visible stitches on the skin, **do not get the wounds wet until you follow-up with your doctor.**
- If you have steri-strips on the skin you may shower on the 2nd or 3rd day and let the water run over the wound, do not scrub the wound, just blot it dry.
 - No baths, pools, or hot tubs until told.
- You may remove the sling to shower (unless otherwise instructed) keeping your arm at your body's side for comfort.
- Some swelling or bruising around the arm, elbow or hand is expected and can last up to several weeks.
- Use ice over your shoulder for the first 24-36 hours after surgery. You may place ice over the bandage for as long as you feel comfortable (recommend at least 20 min./hour). **Do not place ice or ice pack in direct contact with skin.**
- Low-grade temperatures up to 101 are common after surgery, please call if temperature rises above 101.4.

Ambulation and Movement

- Immediately after surgery you will be placed in a shoulder sling.
- Please wear the sling for comfort and begin to wean yourself out of the sling as pain permits.
- Take your arm out of the sling and gently bend and straighten your elbow 20-30 times twice a day. Do this with your arm at your body's side for comfort.
- Perform wrist and hand range-of-motion several times per day to prevent stiffness.
- Perform wall crawls and pendulum exercises on the operative shoulder 3-4 times per day.

Shoulder Arthroscopy Post-Operative Care (continued)

Medication Take as prescribed

- You will have received a prescription for pain medication. Do not operate machinery or drive while taking this medication. Pain medication may cause nausea or vomiting.
- You may have been given an anti-inflammatory medication.
 - This may upset your stomach.
- You may have been prescribed a medication for nausea.
 - Take this as directed for any nausea associated with the pain medication.
- Any severe itching, hives or difficulty breathing, please call immediately.

Physical Therapy

- On your first visit after surgery you will be given a prescription for physical therapy.
- **This will be one of the important steps leading to your recovery.**

Return Visit

- If you do not already have a scheduled post-operative visit please call for an appointment on the next business day.
- The first post-operative visit is usually 7-10 days after date of surgery unless instructed otherwise.
- If you have any problems, do not wait for an appointment, please call the office.