

SHOULDER ARTHROSCOPY

Postoperative Instructions

MEDICATIONS: You will be given three prescriptions- Medications to control pain, nausea, and constipation. Take as directed. You should also eat yogurt for the first 3 days to help maintain the normal, helpful bacteria within your stomach.

DRESSING: You may remove your dressing 48 hours after surgery. You do not need to reapply a dressing unless you would like. **LEAVE THE TAPE STRIPS OVER YOUR INCISIONS.** These will stay on for 1 ½- 2 weeks and will slowly peel off.

SHOWERING: You may shower after your dressing is changed letting soap and water run over the incision, no scrubbing. You do not need to redress the incisions. Do **NOT** immerse in a tub or pool for 4 weeks to avoid excessive scarring and risk of infection.

ICE: Icing is very important to decrease swelling and pain and improve mobility. During the first 24 hours, apply ice every 2 hours, 15 minutes each time. After 24 hours, continue to use the ice 3 – 4 times a day, 15 – 20 minutes each time to keep swelling to a minimum.

ACTIVITY:

- ◆ Take it easy
- ◆ Wear your sling as directed
- ◆ Move shoulder as tolerated
- ◆ Limit lifting to less than 5lbs for 6 weeks

GOALS:

- ◆ Pain control and protection of repair

If you experience severe pain that your pain medication does not relieve, you should let us know. **If you experience a temperature over 101.5*, redness or swelling in your thigh or calf, please contact our office daytime, evenings, or weekends at (847) 634-1766.**