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POSTOPERATIVE INSTRUCTIONS - SHOULDER ARTHROSCOPY WITH DEBRIDEMENT/DECOMPRESSION

SLING/MOVEMENT

You may come out of the sling and move your shoulder both with passive and active range of motion exercises as soon as you feel comfortable. There was no repair performed in your shoulder so there are no restrictions in range of motion of your shoulder.

You should also flex and extend your elbow 3 to 4 times a day to prevent stiffness. Your sling is only for comfort.

ICE

An ice machine may be provided to you prior to your surgery. This will help decrease swelling and pain after your surgery. Use the ice machine as much as possible when you get home at intervals of 20 minutes on and off. You should keep the ice machine for approximately two weeks. Do not use the ice machine while you are sleeping. If no ice machine was provided, you may use ice bags at the same intervals.

MEDICATIONS

If you were given a nerve block for anesthesia, it will wear off over 18-24 hours. During this time you will have little to no feeling in the body part where you had surgery (i.e. arm). To control your pain during this transition while the nerve block is wearing off, you are to eat first and then begin taking the **pain medication** (e.g. Norco, Percocet, etc) immediately when you get home from surgery. This will prevent you from having severe pain. Take the pain medication every 4-6 hours as needed.

DRESSING/BANDAGES

Keep your surgical dressing clean and dry. You may remove your dressing two days after surgery. Please place band-aids over the incision sites. At this time you may take a shower, however you should avoid direct contact on the incision sites. Water-proof band-aids over the incision sites are very helpful. Please keep the incision sites clean and dry and replace band-aids after your shower. Do not take a bath or submerge your shoulder under water.

EMERGENCIES

It is normal to have a low grade fever during the first 2-3 days post-operatively. Please call our office if your temperature is above 101°F, if there is increased redness around the incision sites, if there is increased drainage from the incision sites, or uncontrolled pain. Please call 911 if you experience chest pain or shortness of breath.

APPOINTMENT

Your post-operative appointment has been scheduled prior to your surgery. Your appointment will be around 7-10 days after your surgery. Please contact the office if have questions about when your appointment will be.