

POST OPERATIVE SHOULDER ARTHOSCOPY HOME INSTRUCTIONS

*PLEASE Refer to Discharge Instructions for additions
to or modifications of these orders.*

ACTIVITY: -- May move arm ad-lib or as directed by physician.
-- Use arm sling for comfort, unless told to keep immobilized.

PAIN: -- You were given a pain medication prescription for your postop pain in our office.
Use it as you need to, and try to switch to **Tylenol, Advil, or Alleve**
as soon as you can tolerate.
-- Apply ice packs to the shoulder for the first 24-48 hours to reduce
pain and swelling (20-30 minutes every 2-4 hours).
-- Prop a pillow under elbow when sleeping or in a reclining chair
to make more comfortable.

MEDICATIONS: -- Resume pre-hospitalization medications and diet.
-- Pain medication may be constipating. -- Eat high fiber foods, fresh fruit.

INCISION: -- Keep shoulder incisions clean, dry and covered.
-- Please remove all bandages 2-3 days after surgery and apply
bandaids to cover the sutures. If you want, you can put on a waterproof bandaid
(3-M and Bandaid have these) to cover the incision and go into a shower.
Do not leave these on as they cause the skin to stay moist;
Change to a regular bandaid (that allows the incision to "breathe")
-- May need to use Alcohol to remove Prep solution from skin
-- Do not soak shoulder in bathtub until 2 days after the sutures are
removed (about 7-10 days postop).

SYMPTOMS TO REPORT TO YOUR DOCTOR:

- Severe pain
- Bleeding (soaking through dressings in first 6 hours)
- Chills and/or temperature above 102° (Try to take deep
breaths and cough if low grade fever)
- Increasing coolness or loss of color of arm or hand
- Numbness or tingling in hand