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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