

SHOULDER ARTHROSCOPY POST-OP INSTRUCTIONS

Mandatory Items:

1. Do not get dressing wet. Sponge bathe only or cover the area with plastic secured with tape at the edges.
2. Elevate your arm for 24 hours - hand above elbow.
3. Apply an ice pack to shoulder 20 minutes on and 20 minutes off for 24 hours while awake.
4. Spend the day of surgery and two full days after that in the house and at rest...then increase your activity at a comfortable rate.
5. Take Tylenol for pain, 1 or 2 tablets every 4 hours as needed.
6. Take prescription pain meds as directed for more severe pain...**DO NOT DRIVE OR DRINK ALCOHOL WHILE TAKING THIS MEDICINE.**
7. Take your temperature twice daily (am and pm) for 7 days post-op.

Follow Checked Items:

- Remove your dressing in 3 days.
- Do not remove your dressing until seen by M.D. in the office.
- No sling needed.
- Use sling while walking around, then elevate arm when at rest.
- Wear shoulder immobilizer at all times until seen by M.D. in office.

Please Contact Surgeon's Office If Any Of The Following Occur:

1. You develop a fever of 102 degrees F or higher.
2. Numbness, extreme swelling, coldness or color change in calf, ankle, foot.
3. Bandage is saturated with blood.

CALL 602-277-6211 TO MAKE AN APPT. FOR 7 -10 DAYS POST-OP.

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