



Postoperative Instructions

Arthroscopic Surgery Of The Shoulder (Repair)

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Diagnosis: _____

Procedure Performed: _____

1. A pain script was provided in the office prior to your surgery. Please use it for postoperative pain management as directed on the script.
2. You are permitted to eat. Please begin with clear fluids and advance your diet as tolerated.
3. Ice should be applied to your shoulder 24 hours a day for the first 72 hours. After 72 hours, apply ice for 1 hour per day or whenever you experience pain. Do not use heat.
4. A formal physical therapy program for your shoulder is not necessary at this stage of your recovery. You will be instructed on exercises during your first postoperative office visit.
 - Begin circumduction and pendulum exercises the day after surgery. Exercises should be done twice daily.
5. A shoulder abduction sling and pillow has been provided for healing. **YOU MAY REMOVE IT FOR SHOWERS ONLY.** When the sling is removed, do not try to move or raise the arm. Allow it to hang and lean forward to wash your underarm.
 - a. Your shoulder will be immobilized a minimum of four weeks.
6. The dressing must stay in place for 48 hours. After 48 hours the bulky gauze dressings may be removed and you may shower. Please **DO NOT** immerse your wounds in water and **DO NOT** remove the underlying small strips of tape (Steri-Strips) or sutures. The Steri-Strips will fall off in time as the adhesive wears away and sutures / staples will be removed in the office. A sponge or wash towel with warm, soapy water is permitted to cleanse your wounds. Hydrogen Peroxide should be used daily to cleanse your wounds. Cover your wounds with Band-Aids or a light gauze dressing after showering or cleansing.
7. Activities
 - a. Some amount of swelling may be present postoperatively. This is normal and should subside over several days.
 - b. You may have some residual numbness in your arm as a result of the block that was administered prior to surgery – this is normal and will wear off with time.
 - c. Please **DO NOT** use exercise equipment or lift anything greater than 1lb. with your surgically repaired extremity. You may write and type.
 - d. Squeeze a small ball to decrease swelling in your hand and forearm.
 - e. Please remain ambulatory and get out of bed and walk around the house at least 3 times per day.
8. Please contact our office to make or confirm your follow-up appointment for 5-7 days after surgery. This appointment is normally scheduled at the time you signed up for surgery. Please check your surgery packet for the location / date / time.
9. Elevated temperatures or a mild fever (temperature slightly greater than 102 degrees) can be expected within the first 48 hours after surgery. Please Take Ibuprofen to decrease your temperature. After 48 hours from surgery any temperatures over 101 degrees, increased redness of the surgical site, or progressive swelling should be immediately brought to the attention of my staff.
10. Thank you for following the above instructions. If you have any questions please do not hesitate to call my office. My staff and I will be available to address your concerns **(412) 661-5500.**