



# Shoulder Arthroscopy

## Post Operative Instructions

### **1. What operation did I have?**

You had an arthroscopic shoulder surgery. This operation is done using an arthroscopic camera with a few small incisions into the shoulder. Depending on your pre-operative condition, the scope was used to clean up the tissues in your shoulder.

### **2. What should I expect the day of surgery?**

A nerve block was administered before your surgery. This will cause your arm to be numb and usually lasts until the night of surgery or the next day. When the block wears off, the shoulder is often painful. I recommend that you begin taking your pain medication as soon as the block wears off. Many patients prefer to sleep in a recliner after surgery as they find it more comfortable.

### **3. What medications should I be taking?**

You will be given a prescription for pain medication after your surgery. You can take it as needed for your pain. Your worst pain and swelling is 72 hours after surgery. Once your acute pain starts to dissipate, you can switch to an oral anti-inflammatory (if you tolerate it well) such as Ibuprofen or Aleve.

### **4. Should I ice my shoulder?**

Icing the shoulder for the first 72 hours after surgery will help decrease the pain and swelling. I recommend that you ice as much as possible (20 minutes on, 20 minutes off). Do not fall asleep with the ice in place. I encourage you to continue icing the shoulder as much as possible even after 72 hours as it will continue to help with pain management.

### **5. What can I do with my arm and hand?**



You can move your hand, wrist and elbow as much as you like with the sling in place. You will start to wean yourself out of the sling once your pain is well controlled. At that point you should start to move your shoulder in order to break up scar tissue buildup post operatively. You should also move your elbow, wrist and hand in order to ensure the joints don't get stiff.

**6. Can I remove the sling?**

The sling is in place for your comfort. You should try to remove it as soon as you feel comfortable in order to start moving your shoulder.

**7. Can I remove the bandages?**

You will be seen in the office 10-14 days after your surgery. You can remove your dressing after 3 days and shower. Do not let the water soak/hit the incision directly. You may pat the incision dry after your shower and apply clean bandages/band aids. Once you follow up in the office, your sutures will be removed and clean bandages applied.

**8. Can I drive?**

It is your responsibility to determine if you can safely drive. You cannot drive while taking narcotic pain medications or after receiving anesthesia.

**9. When will I start physical therapy?**

You will start physical therapy after your first office visit. Until then you will move your wrist, elbow, hand and shoulder as tolerated.