

Shoulder Arthroscopy Post Operative Instructions Nick Avallone, M.D.

Sling:

Wear your sling at all times after your surgery (this includes sleeping). Do not carry anything heavier than a pencil in your hand.

Ice:

Ice the shoulder to reduce swelling and discomfort, 20 minutes on and 20 minutes off. Do not ice the shoulder for more than 20 minutes at a time. Avoid getting your wound wet for the first 48 hours. If you have a cryocuff you may keep this on continuously.

Sleeping:

You may have difficulty sleeping in the first few weeks after surgery. Most people find it more comfortable to sleep in a reclining position. You can either sleep in a recliner chair or create this position with pillows.

Dressing:

Remove all cotton and yellow gauze 48 hours after your surgery and place Band-Aids on the incision. You do not need to put a new gauze dressing on your wound.

Showering:

You may shower 48 hours after surgery. Please use CAUTION! Be careful not to slip and fall. The effects of anesthesia and/or medication may make you drowsy or light-headed. Do not soak in a bathtub, hot tub, or pool until the doctor tells you it is okay to do so. Once you are done showering, pat the wound dry and apply a Band-Aid. While in the shower you must keep the arm across the front of the body as if it were still in the sling.

Follow-up visit:

You need to see the doctor about one week following surgery for your first post-op visit. At that time your sutures (stitches) will be removed. If therapy has not already been arranged, then you will be given a prescription to begin exercises.

Common concerns:

Bruising and/or swelling of the shoulder, arm, or hand are common after surgery. To relieve this discomfort, ice the shoulder. For pain relief, most patients take 2 Tylenol Arthritis and 2 Advil every 8 hours, as needed. You may also be given a prescription for pain medication which you can take as needed, if the Tylenol and Advil do not control your pain.

Please call the office if you experience:

Oozing or redness of the wound, fevers (>101.5° F), or chills.
Uncontrolled or excessive bleeding.
Difficulty breathing or heaviness in your chest.

REMEMBER - these are only guidelines for what to expect following arthroscopic shoulder surgery. If you have any questions or concerns please do not hesitate to call the office.