



all american orthopedic
& SPORTS MEDICINE INSTITUTE

Post Op Shoulder Arthroscopy Instructions

BANDAGES & DRESSINGS:

- Keep dressing clean, dry and intact:
 - Remove dressing 5 days post operatively are replace with bandaids
 - Do not submerge incisions in water (no pools, hot tubs, etc)
- Follow up appointment 2 week.
 - To schedule a follow up, call the office at (281) 335-1111 .
- You may ice through your dressings and sling

WORK/SCHOOL:

- Depending on your job, you may be able to return to work or school 3 days after surgery.
- Maintain your postoperative restrictions and remain in sling/immobilizer
- Feel free to move your fingers, wrist and elbow.

TIPS TO CONTROL YOUR PAIN

- Use ice or cryotherapy consistently—20-30 minutes several times each day
 - Be sure to take breaks from the cold
- If your health history allows, you may take anti-inflammatories - Ibuprofen (Advil, Motrin), Naproxen (Aleve) with your Narcotic pain relievers
 - Be sure to take with food.
- Drink plenty of water and walk frequently to avoid constipation and blood clots
- Sleeping in a recliner or with multiple pillows behind your back to keep you upright will likely be more comfortable for you.

SHOULDER IMMOBILIZER

- When at home or in a controlled setting, take a break out of the immobilizer and move your elbow up and down, palm up and down to prevent from stiffness
- If you feel some numbness or tingling along your arm down your ring and little finger, take a break out of the sling and allow your elbow to move.

PHYSICAL THERAPY

- A prescription may be provided to you for physical therapy today.
- Please contact the office and let us know where you have decided to pursue therapy to ensure your therapist and surgeon are working together to accomplish your goals.

Please call me if you have uncontrolled pain, numbness, tingling, blue hand/fingers, fevers, or chills.

If there are any questions or concerns, please do not hesitate to contact me.

All American Orthopedic & Sports Medicine Institute
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