

POST-OPERATIVE INSTRUCTIONS
SHOULDER ARTHROSCOPY/MANIPULATION

1. Ice packs or ice machine help reduce swelling and pain
2. Your arm should be elevated the night following surgery
3. Do not wear the sling if you can do without. You may use it sparingly for comfort.
4. Physical Therapy should start within a day of discharge home. Four-five visits during this week is expected. Also, daily home range of motion exercises should be implemented.
5. It will be helpful to sleep propped up with pillows or in a recliner. This will reduce pulling at incisions

DAY 1 AND UNTIL POST OP VISIT

1. You may remove all the bandages from your shoulder two days after surgery. Apply bandaids to the wounds.
2. You may shower but you should wrap plastic wrap over your shoulder and secure with tape. Remove the ACE wrap and pat the incisions dry if they get damp and apply fresh bandaids
3. Apply ice packs or ice machine 4 times per day for 30 minutes at a minimum, you can use it as much as you prefer – for as long as you like.
4. Begin doing shoulder exercises immediately
5. Physical therapy should begin within one day of discharge: This is IMPORTANT
6. Please call the office to schedule a follow-up appointment 14 days after your surgical date.
7. Discontinue pain medication when able

If you have any questions, please feel free to call our office.