

# FLORIDA JOINT CARE INSTITUTE

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## **Post-Operative Instructions after Shoulder Arthroscopy with Repair**

You should already have an appointment for suture removal in our office within 2 weeks of surgery. If not, be sure to call and schedule one.

- Leave your post-operative dressing on for 2 days. After 2 days, you may remove your dressing and apply a clean, dry dressing. Daily dry dressing changes are recommended.
- You may take a shower, however be sure to cover the sutures with saran wrap so they do not get wet. Do not soak in a tub or go swimming.
- Please keep your incision sites clean and dry. Do not apply any ointments to your incisions.
- Despite great care, any incision can become infected. Contact the office immediately if you develop fever, chills or redness to the incision sites, or drainage from the incision sites.
- Ice daily for swelling and pain control. Place a plastic bag full of ice on top of the shoulder for 20 minutes every 2 hours. Wrap ice in a towel or wash cloth to prevent moisture to incision.
- Sleep upright in bed with extra pillows with a firm pillow under your elbow for maximum comfort, lying down flat is usually more painful.
- Wear your sling at all times. However it is ok to remove the sling occasionally for comfort and hygiene purposes. It is very important that you DO NOT move you shoulder. Elbow/Wrist motion is recommended.
- Due to your shoulder repair you will be immobilized for approx. 4-6 weeks and then will be able to start physical therapy. Further instructions will be given at your first post-op visit.
- You were given a prescription for pain medication following your surgery. Please take pain medication as prescribed.

**A REGISTERED LIMITED LIABILITY PARTNERSHIP FOR ORTHOPAEDIC SURGERY**

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