



Post-Operative Instructions after Shoulder Arthroscopy

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.

Jennifer L. Cook, M.D.
Board Certified
Orthopaedic Surgery

Stephen A. Hanff, M.D.
Board Certified
Orthopaedic Surgery

James P. Donovan, M.D.
Board Certified
Orthopaedic Surgery

Aaron K. Mates, M.D.
Board Certified
Orthopaedic Surgery

- 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 the sling for comfort. You may remove the sling once you are comfortable, usually within 2 days; unless a repair was performed then follow specific immobilization instructions.
- You were given a prescription for physical therapy when you scheduled your surgery. Please arrange for physical therapy to begin no later than 48 hours following your surgery.
- 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

2165 Little Road • Trinity, FL 34655 • 727-37-BONES (727-372-6637) • Fax 727-375-5044 • www.floridajointcare.com