

# Post-Operative Instructions: Shoulder Arthroscopy

## First Post-Operative Week:

- Wear your sling at all times until your first post-operative visit
- Take the prescribed pain medication every 4-6 hours as needed
- Resume a normal diet
- Apply ice to the shoulder for 20 minutes every 4-6 hours
- At night place a pillow behind your elbow to prevent your shoulder from bending backward
- Sleeping with extra pillows (almost sitting upright) will help keep swelling down and may be more comfortable



**You may shower on post-operative day #3. Remove the bandages. Do not scrub over the surgical incisions – use soap on your neck and let the soapy water run over your shoulder. Try and keep your forearm against your stomach while showering. Pat the shoulder dry with a towel and apply band-aids over the surgical incisions. No need to reapply the gauze pads.**

**You will have your stitches removed in the office 7-10 days after surgery at which point you will start formal physical therapy. Please call the office at 212-598-6290 to arrange this follow up appointment.**

**Please Call The Office (212-598-6290) If:**

- You develop a fever > 101.0° F
- If the incisions become very red or develop a discharge
- If you have any difficulty breathing or chest pain