

Instructions after Shoulder Arthroscopy

Activity

- Keep your sling on as needed for comfort, including at night
- Ice shoulder for 20 minutes an hour, for 2 to 4 days after surgery
- Remove your sling for pendulum exercises 3 to 5 times a day, starting the day after surgery
- You may perform light activity with your arm at your side, such as using a keyboard, as soon as comfort allows
- Avoid heavy lifting or repetitive activity until cleared by your surgeon
- Do not drive until cleared by your surgeon
- Discuss return to work or school with your surgeon at your follow-up

Wound Care

- You may remove the dressing 1 day after surgery, and replace it with band-aids
- You may shower 4 days after surgery. Don't scrub the wounds, but you may let water run over them

Medications

- Use the prescription(s) as given after surgery
- If the prescription(s) seems too strong, you can take acetaminophen (Tylenol) 325 to 1000 mg every 6 to 8 hours, and/or an anti-inflammatory medication such as ibuprofen (Advil or Motrin) 400 to 800 mg every 8 hours, or Aleve 220 mg every 12 hours, if allowed by your doctor

Follow-up

- Call MaineOrtho at 774-5113 after surgery to make an appointment for 7 to 10 days
- Call for an earlier appointment if you experience severe pain, swelling, redness or fever after surgery
- 24 hour coverage is available for emergencies at 774-5113