PATIENT GUIDE

After Shoulder Arthroscopy

Shoulder Arthroscopy

72 DRESSING & INCISIONS

- Keep the original dressing clean and dry for 72 hours.
- After 72 hours, remove the dressing, place clean Band-Aids over the small wounds, and keep the areas clean and dry.
- Do not soak, swim, or use a bath or hot tub until the incisions are healed and you are cleared.

Rx PAIN MEDICATION

- Use Percocet (narcotic) only as prescribed for strong pain.
- Use the prescribed NSAID for moderate or milder pain. Take it with food unless told otherwise.
- Do not drive, drink alcohol, or make important decisions while taking Percocet. Do not add extra acetaminophen unless your clinician approves it.

A ACTIVITY

- Use your sling for comfort and as directed.
- Move the fingers, wrist, and elbow gently several times each day unless instructed otherwise.
- Do not lift, push, pull, or reach with the operative arm until cleared.

I SWELLING & COMFORT

- Apply ice over the dressing for 20 minutes at a time, with cloth between the ice and skin.
- Sleep in a reclined position if that is more comfortable.

2W Follow-up: Return in approximately 2 weeks for wound evaluation, suture removal, and to begin physical therapy or hand therapy as directed.

! Call Motion Orthopedics promptly if you have:

- Fever above 101.5 F, increasing redness, warmth, drainage, or foul odor.
- Pain or swelling that is rapidly worsening or not controlled by medication.
- New persistent numbness, color change, or unusual coldness of the operative limb.
- Chest pain, shortness of breath, or calf pain/swelling: seek urgent medical care.

Questions? Call 212-355-5555