

## **Shoulder Arthroscopy Post-Operative Instructions**

1. Remove the dressing on the third day after surgery unless saturated with fluid. You may shower at this time if the wounds are dry and not draining. Please allow your arm to hang at your side while showering. Pat incisions dry after showering and apply Band-Aids to sites as necessary.
2. If you have Steri-Strips on your incisions, leave them on until they fall off on their own or remove in 10-14 days.
3. You must wear the sling at all times except showering until further instructions are provided during your first post-op visit. You may use your hand and elbow as a "Helper". No lifting or shoulder movement.
4. You will not be able to safely drive at this time.
5. You will be given a prescription for pain medication and an antibiotic after surgery. (Unless there is a penicillin allergy)
6. If you do not have a post-operative appointment or have any questions or problems, please call the office during regular office hours. Your first post-operative appointment should be scheduled 7-10 days after surgery.
7. Physical therapy will begin 2-4 weeks after surgery.
8. You may take Colace twice/daily while on pain medication to avoid constipation.