



ORTHOPEDIC
ASSOCIATES
of HARTFORD

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Arthroscopic and Reconstructive Surgery of the Shoulder and Knee Sports Medicine

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SHOULDER ARTHROSCOPY POSTOPERATIVE INSTRUCTIONS

You've had arthroscopic surgery today. Your shoulder joint and rotator cuff were evaluated thoroughly.

I found in your shoulder:

___ Bone Spurs ___ Arthritis ___ Bursitis/Tendonitis ___ Ligament Damage
___ Rotator Cuff Tear ___ Cartilage Damage

I was able to:

___ Shave bone spurs ___ Clean Arthritis ___ Remove Bursitis ___ Repair rotator cuff
tear
___ Repair ligament damage ___ Repair/Shave cartilage damage

Until I see you, you should:

___ Use your arm normally ___ Do Not lift or carry ___ Move your elbow, wrist and fingers only
___ Wear your sling ___ all the time ___ for comfort only
___ Start physical therapy (a referral has been given)
___ Perform pendulum exercises

You should change your dressing in 2 days. If stitches, cover with new dressing. If you have a **PAIN PUMP**, remove it with your dressing. We will remove all stitches at your visit. Do not get them wet.

Pain is expected for several weeks. Use your medication for severe pain. Take Advil 400 mg four times daily as needed (if not allergic, or no ulcer history). Call if fever greater than 101°, or if infection is noted. Call 549-8249 for office visit **7-10** days after surgery. If you want to return to work before your next visit, call the office.