



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.