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**Shoulder Arthroscopy
Post-Operative Instructions Checklist**

Follow-up visit: _____

Dressing

Your dressing should remain intact for the first two days after surgery. You may remove the outer tape and gauze on the third day after surgery. Please do not remove steri-strips that are covering your incisions (small pieces of tape). Removing this tape may cause your incision to separate. Please be certain to wash hands thoroughly prior to changing dressing, do not place any ointments over incisions.

Bathing

Please do not get incisions wet. Please cover dressing or incisions while bathing.

Driving

Please do not drive until you are evaluated in the office after surgery. You are considered an impaired driver following surgery, and if you choose to drive, your insurance may not cover any accidents that may occur.

Cold Therapy/Ice

Continuous icing will help to decrease swelling and provide pain relief. Icing with a cold pack for 20 minutes, at least three times a day is recommended. It is very important to always have protection between the ice pad and your skin. Never place the ice pad directly on your skin; this could lead to an injury to your skin. Remove the ice pad twice daily from your dressing to wipe off any condensation.

Sling

Keep sling in place at all times until your first follow-up visit, unless instructed otherwise

Physical therapy

Following surgery, you will be given instructions about physical therapy. Typically, physical therapy will start within the first week of surgery.



We ask during the first week following surgery that you do the following exercises at home until physical therapy is started:

Deep breathe and cough to help prevent a respiratory infection. Take 10 deep breaths every hour followed by a cough.

Pendulum exercises – Pendulum exercises are generally started the day after surgery, unless otherwise instructed (bend at your waist and slowly make small circles with your operative arm with your sling on or off).

Post-Operative Medications and Instructions

1. **NAPROSYN 1 TABLET EVERY 12 HOUR WITH FOOD (Anti-Inflammatory)**

2. **NORCO 1 – 2 TABLETS EVERY 4 – 6 HOURS AS NEEDED FOR PAIN**

Do not exceed more than 4000mg of Acetaminophen per 24 hours

Side effects of medication

Pain Medication (Norco, Tylenol #3, etc.)

Take after food. Notify office if nausea, vomiting, headaches, rash occur. Other side effects include; drowsiness, dizziness and constipation. **Do not take TYLENOL** or other acetaminophen products while taking pain medication such as Vicodin or Tylenol #3, both of these medications contain acetaminophen.

Signs and Symptoms of Complications

Although an infection is rare it can be very serious if it goes untreated. Please call our office if you experience increased pain not relieved with medication, high fever, chills, redness, swelling or drainage from incision.

For further questions, or if any problems develop, please call Chantel Jefferson, at 713-794-3457. After hours, or on weekends, you can be connected to the on-call physician at 713-799-2300.