



Shoulder Arthroscopy Post-Operative Care

Dressing/Wound Care

1. Keep dressing on for 3 days. Ok to shower **with dressing on** but do not soak in bath tub, pool, etc.
2. After 3 days, ok to take dressing off. Ok to shower without dressing but do not soak in bath tub, pool, etc. Ok to let soap and water run over the incisions.
3. After bathing, keep wounds clean and covered with a regular bandaid.
4. Bruising down the arm along the middle side of the elbow and forearm is normal. Some people even have bruising along the chest wall as well.
5. Do not use massage lotions, antibiotic ointments, and creams on the wound until the stitches are out.
6. After 4 weeks, ok to go in pool, bath tub, etc.

Sling/Pain Management

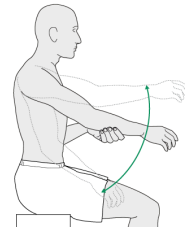
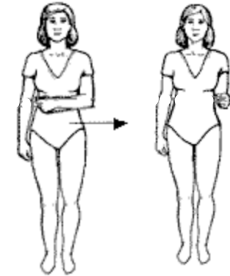
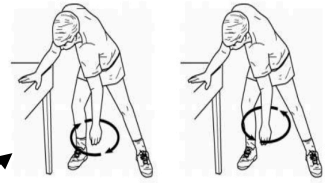
1. Sling needs to be on at all times. Only take it off for dressing or bathing. It is ok to let the arm hang by your side during bathing or dressing (elbow does not have to be bent).
2. Wean off of narcotic pain medications over the week. Ok to take Ibuprofen, Aleve, or Advil in addition to, or instead of, the narcotics.
3. Ice shoulder as needed to help with pain and swelling (20 minutes of icing every 2 hours).
4. Work on hand and wrist range of motion as tolerated (squeezing a stress ball, etc). Keeping the hand and wrist moving will help with the swelling.

Getting In Contact

1. If you have any questions, please contact my office at 559-290-7052.
2. If you are unable to get a hold of my office and you have a medical emergency, please go to the nearest emergency room.
3. Any paperwork for disability or work notes can be brought to my office at your next appointment and we will get it filled out for you.

Motion/Physical Therapy (0-6 weeks)

1. Wrist, hand and finger motion at any time is ok. Keeping these moving will help with the swelling and bruising.
2. Come out of sling twice a day to work on elbow range of motion with the arm at your side. Ok to let arm hang.
3. Work on pendulum exercises twice a day (10 circles clockwise, 10 circles counterclockwise)
4. With your elbow by your side, rotate your hand from your belly straight forward.
5. Hold the elbow of your operative arm and passively elevate the arm to 120 degrees.
6. Ok to remove pillow and just wear sling after 4-6 weeks.



Motion/Physical Therapy (6+ weeks) - start physical therapy

1. Discontinue sling
2. Start active-assisted range of motion (so your non-operative extremity is helping your operative extremity move). No restrictions to ROM.
3. After ~4 weeks, you can start strengthening with weights and resistance.