

Shoulder Arthroscopy (No Repair) Discharge instructions:

General Instructions

- You will be in a sling for 3 days, then you may discontinue the sling and move the arm as tolerated.
- You may remove the sling to sleep
- No lifting > 5lbs
- Elevate the operative extremity when you are resting to help minimize the swelling.
- Use ice to help control the swelling and pain. DO NOT USE HEAT – this will increase the swelling.
- Call the office if you develop fevers (over 100.5) or chills.
- You should have an office appointment about 7-10 following your discharge from the hospital. If you do not please call 775-786-3040.

Wound Care

- You may shower 2 days after surgery if the wound is dry. Keep water exposure to the incision site brief and blot it dry when you get out. Do not bathe or swim or Jacuzzi (ie. Do not submerge the incision) for approximately 3 to 4 weeks.
- Do not use ointments or creams on the incision.
- Keep the incision clean and dry. Any drainage from the incision should be reported to the doctor immediately.
- You may notice some bruising around the incision and into the operative extremity. This is not uncommon and should begin to go away within the first 2 weeks after surgery.
- At the time of surgery tape-like strips (Steri-strips) may be placed on your incision to protect it. These will eventually come off on their own in one to two weeks, or you may remove them yourself after two weeks.

Activity

- Estimated return to work varies depending on the demands of your job. Some ambitious patients return to desk jobs / administrative type work as early as 1

week after surgery. For active labor or heavy labor, it may take 1-2 months to return to work.

- You should do the exercises given to you at discharge until you return for your post-op visit. At that time, you may be given a new set of exercises.
- You cannot drive while in the sling (for the first 3 days)

Medications

- You were prescribed a short acting, narcotic pain medication. It is recommended that you begin to wean off of this medication in about 3 days after surgery. To help wean off of the pain medications or to supplement your pain control you can use Tylenol to help with pain.
- You will not be discharged from the hospital with any antibiotics unless there are specific concerns regarding infection.