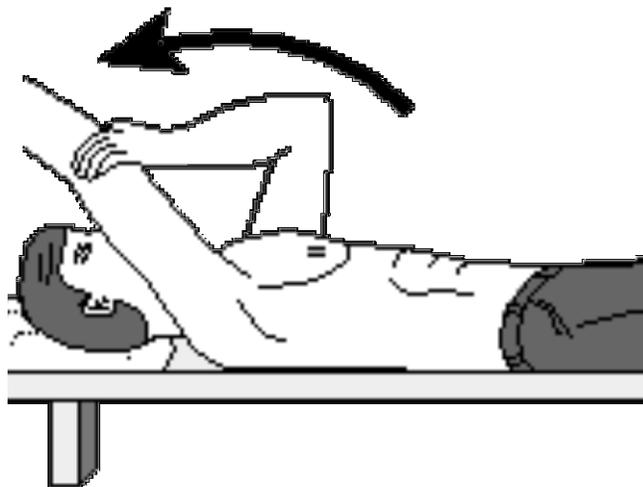


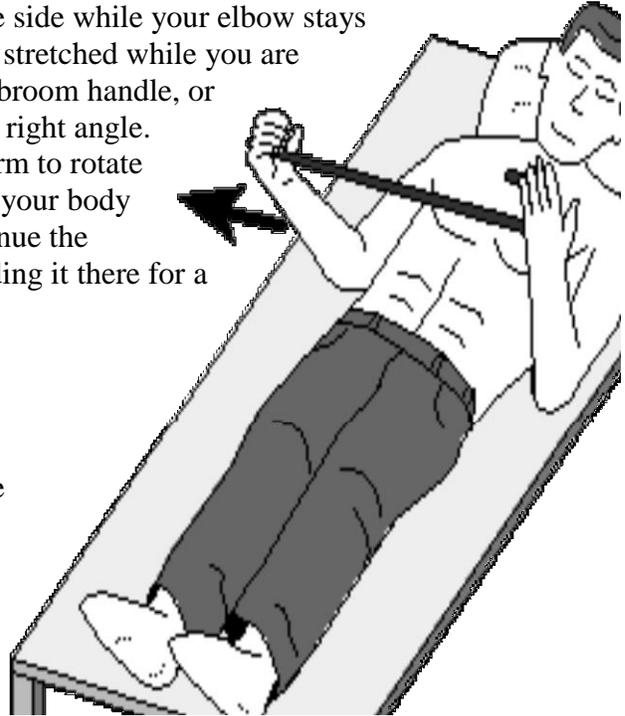
### Discharge Instructions after: Shoulder Arthroscopy

- 1) Use ice on the shoulder intermittently over the first 72 hours after surgery.
- 2) Pain medicine will be prescribed for you prior to discharge. Use the medicine liberally over the first 48 hours, then you can begin to taper your use. You may take Tylenol or Advil in place of pain pills.
- 3) Leave the dressing in place for 2 days and then remove. Replace with Band-aids or Tegaderm (available in Pharmacy).
- 4) Do not get the operative site wet for **2 days**. You may shower 2 days following surgery as long as the incisions are well covered with waterproof band-aids. After 5 days, you may shower with the incisions uncovered. When you shower, do not rub the incision. Simply allow the water to wash over the site and then pat it dry.
- 5) A sling will be provided for discharge. You will be removing the sling 3 times each day to perform motion exercises. **Otherwise you will need to wear the sling for a total of \_\_\_\_ weeks.** Please keep a clean pad in your armpit while you wear the sling to prevent excessive sweating.
- 6) **Active** overhead reaching and lifting **are permitted**. Patients that have a biceps tenodesis are **not permitted** to bend the elbow without assistance.
- 7) Three times each day you should perform assisted overhead reaching and external rotation (outward turning) exercises with the operated arm. You will be taught these exercises prior to leaving the surgery center. Both exercises should be done with the non-operated arm used as the "therapist arm" while the operated arm remains relaxed. Twenty repetitions of each exercise should be done three times each day.

Overhead reach is helping to lift your stiff arm up as high as it will go. To stretch your overhead reach, lie flat on your back, relax, and grasp the elbow of the tight shoulder with your opposite hand. Using the power in your opposite arm, bring the stiff arm up as far as it is comfortable. Start holding it for 10 seconds and then work up to where you can hold it for a count of 30. Breathe slowly and deeply while the arm is moved. Repeat this stretch 20 times, trying to help the arm up a little higher each time.



External rotation is turning the arm out to the side while your elbow stays close to your body. External rotation is best stretched while you are lying on your back. Hold a cane, yardstick, broom handle, or dowel in both hands. Bend both elbows to a right angle. Use steady, gentle force from your normal arm to rotate the hand of the stiff shoulder out away from your body while keeping the elbow at your side. Continue the rotation as far as it will go comfortably, holding it there for a count of 10. Repeat this exercise 20 times.



Please call 970-245-0484 for any problems, including the following:

- excessive redness of the incision
- drainage for more than 4 days
- fever of more than 101.5 F

Please call to make a follow-up appointment within 6-9 days of surgery.