Post-Operative Instructions – SHOULDER ARTHROSCOPY

- Patients are allowed to shower the day after surgery (if no drains or pain catheter) with no submerging of wound until 3-4 weeks after surgery
  a. Shower only
  b. Wait 24 hours after drain is pulled (if used) to shower
- Wound to be covered at all times with Band-Aids, except while showering. Remove Band-Aids before showering. Allow wound to air dry. Re-apply new Band-Aids.
- No ointments, lotions or patches are to be applied to wound
- 1st post-op appointment will be the day after surgery or 1st day clinic is open after surgery
  a. Dressing change and skin inspection
  b. Review of pictures and procedure performed
  c. 1st physical therapy appointment will be scheduled for you
- 2nd post-op appointment will be 7-10 days after surgery
  a. Remove sutures
  b. Apply Steri-Strips
- Icing
  a. Days 1 & 2: 20 minutes every hour
  b. Day 3: 10-20 minutes as needed