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ORTHOPEDIC AND RECONSTRUCTIVE SURGERY

Phone (214) 324-2471
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Shoulder Arthroscopy Discharge Instructions

Activity:

- Apply ice to the shoulder 20 minutes every 3-4 hours for 2 days
- Maintain sling to support the arm
- You may release the sling at the wrist to bend and straighten the elbow and wrist 2 times per day for 5 minutes

Pain Management:

- Use prescription pain medicine as directed initially (usually required for 3-4 days)
- Begin weaning off during the day first, later at night
- May supplement with Motrin/Advil or Tylenol as needed
- Activity restriction and ice is also of great benefit

Diet:

- Liquids or light food may be taken initially
- Advance to normal as tolerated if nausea is not present

Wound Care:

- May remove dressings the day after surgery and showering may begin
- Cover the wounds with Band-Aids or dry clean gauze daily

Follow-up Office Visit:

- Call the office the next business day at (214) 324-2471
- Schedule an appointment for 5-7 days from surgery date

Call your doctor if:

- Fever develops to 101
- Uncontrolled nausea or vomiting
- Excessive bleeding or drainage (pus) (mild bleeding is normal)