



VALLEY ORTHOPAEDIC SPECIALISTS

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Total Joint Reconstruction

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SHOULDER ARTHROSCOPY POST OPERATIVE INSTRUCTIONS

1. Regular diet as tolerated.
2. Rest with upper body up on pillow (lounge chair, Lazy-Boy position).
3. Ice 20-30 minutes every 4 hours for 24 to 48 hours.
4. Sling should be on as instructed upon discharge from hospital.
5. Dressings may be removed in 24 hours. Keep wounds clean and dry. Do not apply ointment or cream over surgical incisions.
6. You may take a shower the day after surgery. Cover wound with saran wrap. Change Band-Aid after showering.
7. Do not drive until cleared by office to do so.
8. Do not drink alcohol beverages or drive if you are taking prescription pain medications. Take medication with food.
9. Within 3-5 days you should be seen by Physical Therapy if directed to do so.

You may begin to experience pain in your shoulder later in the day following surgery or the next morning. This is due to anesthesia wearing off. Pain could last 24 to 48 hours. Rest, ice, elevation and pain medication will help your shoulder to feel better.

Call the office if you experience:

- Fever unrelated to the flu that is greater than 101.5
- Drainage
- Redness unrelated to ice application
- Numbness
- Discoloration of the affected arm

Muscle atrophy and lack of motion contribute to pain. When therapy has been cleared (different procedures require therapy to be started at different intervals), do your exercises faithfully, even on days you do not go to therapy.