

## **Surgery Center of Pinehurst Shoulder Arthroscopy Home Instructions**

### **Ice:**

Ice will help relieve the swelling and pain. Use the ice bag on your shoulder as needed until your follow-up appointment, 20 minutes on and 20 minutes off.

### **Medications:**

Follow instructions carefully. Pain medications should be taken with food to minimize side effects such as nausea and vomiting. Pain medication may also dehydrate/constipate, so drink plenty of fluids. Do not drive as long as you are taking pain medication.

### **Activity/Sling:**

If allowed, you can move your arm as comfort and tolerance allow. Use sling for comfort until your follow-up appointment unless otherwise directed by Dr. Conti.

If you had a Rotator Cuff Repair leave sling in place until your follow up visit.

### **Surgical Dressing:**

Keep dressing clean and dry. Do not get in the shower. It is normal to have some bloody drainage. You might have been given some spare bandages when you were discharged from the Surgery Center. You may use these to replace the original dressing if it becomes soiled or loose.

### **Follow-up Appointment:**

It is important to keep your scheduled follow-up appointment. At this appointment your dressing will be removed, incision inspected, and removal of any sutures/staples will be performed. Any further therapy and/or instructions will also be given at this time. If your scheduled appointment is inconvenient for you, please call my secretary and she will re-schedule for a more convenient time.

**If you have any problems or questions after your surgery, please call Dr. Conti's office at 910-295-0230.**

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**Dr. Conti**  
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