

## **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, alternating 20 minutes on and 20 minutes off.

### **Medications:**

Follow instructions carefully. Pain medications should be taken with food to minimize negative side effects, such as nausea and vomiting. Pain medication may also cause dehydration and/or constipation, so drink plenty of fluids. Do not drive a vehicle or operate heavy machinery if you are taking pain medication.

### **Activity:**

**Sling:** You can move your elbow, as comfort and tolerance allow. Do not move your shoulder when doing exercises. Use the sling for comfort until your follow up appointment, unless otherwise directed by Dr. Wohlrab.

**Immobilizer:** You must keep the immobilizer on for 6 weeks. You may take it off 72 hours after surgery to shower, but it must be worn all other times, even while sleeping.

**Exercises:** Pendulum exercises and range of motion of the elbow is allowed, starting immediately after surgery.

### **Surgical Dressing:**

It is normal to have some bloody drainage. You may have been given spare bandages or gauze when you were discharged from the Surgery Center. If so, use those to replace the dressing, as needed and if it becomes soiled or loose. Make sure to keep all dressing clean and dry. You can remove the dressing on post-op day 3 and begin showering regularly.

### **Follow Up Appointment:**

It is very important to keep your scheduled post-op appointment. At this appointment, your dressing will be removed, incision inspected, and any sutures/staples will be removed. Further therapy or care instructions will also be given at this appointment.

**If you have any problems or questions after your surgery, please call Dr. Wohlrab's office at 910-295-0265.**

**Dr. Wohlrab**

910-295-0265