

Surgery Center of Pinehurst
Dr. James Marino
Shoulder Arthroscopy home instructions

Surgical dressing

Your shoulder will have a bulky dressing with gauze and tape after surgery. This is to absorb the fluid used during your arthroscopy procedure. You should remove this dressing in 3 days. Leave the small strips in place. Put band-aids over the incision sites. Once band-aids are in place, you may begin showering.

Ice

You may use ice in the post-operative period (optional). This can be helpful for reducing pain and limiting inflammation in the first 24-48 hours after surgery. Use for 20 minutes per hour as needed. Be careful to not have direct contact with the skin and while your arm is still numb from the nerve block.

Medication

Shoulder arthroscopy can be a painful procedure, especially for the first few days after surgery. For this reason you have been prescribed pain medication. Please take this as directed.

Activity/therapy

Leave the sling in place at all times. If your rotator cuff was repaired, it is being held by sutures. By actively moving your shoulder, you are pulling on the repair. The initial period right after surgery is to let things heal. Try to avoid moving your shoulder. By keeping the sling in place, this will help prevent use of your arm/shoulder.

Physical therapy is an important part of your recovery. We will arrange for this at your first post-operative visit.

You may begin driving once off all pain medicine if:

- Your car is an automatic transmission
- You feel comfortable driving with essentially one hand

Follow up

You will be seen in the office in approximately 1 week for suture remove and to discuss the surgical results and future plan. If you have any questions or concerns that need to be addressed prior to that time, please contact the office @ 910-235-2915.

James Marino, MD