



# FLORIDA JOINT CARE INSTITUTE

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## Post-Operative Instructions after Shoulder Arthroscopy

You should already have an appointment for suture removal in our office within 2 weeks of surgery. If not, be sure to call and schedule one.

- Leave your post-operative dressing on for 2 days. After 2 days, you may remove your dressing and apply a clean, dry dressing. Daily dry dressing changes are recommended.
- You may take a shower, however be sure to cover the sutures with saran wrap so they do not get wet. Do not soak in a tub or go swimming.
- Please keep your incision sites clean and dry. **Do not** apply any ointments to your incisions.
- Despite great care, any incision can become infected. Contact the office immediately if you develop fever, chills, redness to the incision sites, or drainage from the incision sites.
- Place a plastic bag full of ice on top of the shoulder for 20 minutes every 2 hours. Wrap ice in a towel or wash cloth to prevent moisture to incision.
- Sleep upright in bed with extra pillows with a firm pillow under your elbow for maximum comfort, lying down flat is usually more painful.
- Wear the sling for comfort. You may remove the sling when in a chair or bed.
- You were given a prescription for physical therapy when you scheduled your surgery. Please arrange for physical therapy to begin no later than 48 hours following your surgery.
- You were given a prescription for pain medication following your surgery. Please take pain medication as prescribed.

A REGISTERED LIMITED LIABILITY PARTNERSHIP FOR ORTHOPAEDIC SURGERY

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