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## **POST-OPERATIVE INSTRUCTIONS**

### **SHOULDER ARTHROSCOPY**

#### **❖ PLEASE READ THE INSTRUCTIONS CAREFULLY**

- ❖ It is important to remember that you just had surgery. You must go home and rest. Swelling and soreness is normal.
- ❖ After the surgery you will be given your prescriptions for pain and inflammation, please take them with food. **The pain medication is a controlled substance and Dr. Seldes will only allow one refill.**
- ❖ **TO DECREASE THE SWELLING:**
  1. Take the prescribed anti-inflammatory in the morning with your breakfast
  2. Keep your shoulder elevated by placing your arm upright on your chest (like you are pledging allegiance to the flag) and flex your fingers periodically
  3. Apply an ice pack and keep the shoulder cool as much as possible for the first 48 hours, after the dressings are removed you may cool the shoulder for 20 minutes 2-3 times a day
  4. A shoulder immobilizer will be placed on you after surgery. You must wear it at all times until you see Dr. Seldes in the office. You will be given further instructions at that time.
- ❖ Keep the dressing clean & dry until you see Dr. Seldes for the post op appt. You may take a shower but cover the dressing with plastic wrap.
- ❖ It is normal to see drainage on your dressing; this is caused by the irrigation of the fluids during your operation. However if there is excessive bleeding (bright red) apply some pressure elevate the shoulder and call the office.
- ❖ You will be given a prescription for Physical Therapy at your post-op visit. If the doctor indicates the need for early therapy the office will call you with this information.
- ❖ It is not recommended to drive until you see Dr. Seldes in the office for your post op appointment. You be given further instructions then.
- ❖ If you need time off from work let Dr. Seldes know right away.