Post Operative Instructions Shoulder Arthroscopy
Deenesh T. Sahajpal, M.D.
352-547-8220

Dressing and Bandages

- Please keep your dressings intact and dry until you return to our office.
- You may sponge bathe, keeping your shoulder out of the water to keep it dry. Do not move the shoulder or lift the arm to do this.
- When your doctor approves, you may shower. Do not soak the shoulder in a bath or swimming pool until the wounds have completely healed, usually in 14-21 days.

Medication

- You have been given a prescription for pain medication. Follow the instructions as written on the prescription. Call our office if you have severe pain that does not respond to pain medication.
- Do not drive or drink alcohol while taking pain medication.
- Sometimes pain medication causes nausea or constipation. Drink plenty of water and/or fruit juice.
- See your primary care physician concerning any other medications prescribed to you.

Activity

- It is beneficial to apply ice to the shoulder for 20 minutes every 1 - 2 hours as needed. This will assist with post-op swelling and to decrease discomfort.
- You will need to wear the sling and abduction pillow 24 hours a day. You may need to sleep in a recliner or chair. Propping a pillow under the shoulder may help improve your comfort as well.
- Keep your elbow at a 90 degree angle; this will help to decrease the swelling in the arm and hand.
- You are encouraged to bend your wrist and move your fingers frequently. You may also bend and straighten the elbow while keeping your upper arm against your torso and body.
- DO NOT move the upper arm away from the body.
- DO NOT resume sports. DO NOT use exercise equipment or do any physical activities until your doctor tells you it is okay.

CALL OUR OFFICE IF YOU HAVE ANY OF THE FOLLOWING:

- Shortness of breath, chest pain or severe shoulder pain that doesn’t respond to medication.
- Excessive bloody wound drainage or foul smelling drainage.
- A large red area around the incisions or significant tenderness.