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Post Operative Instructions for Outpatient Surgery

Shoulder Arthroscopy

1. Swelling of the shoulder extending into the arm is normal. Apply ice packs over the shoulder as much as possible for the first 36 hours. After the initial period, you should apply ice packs to the shoulder on as needed basis to reduce pain and swelling. (The skin should feel cool but **not** be ice cold. Avoid direct skin contact with ice to prevent frostbite.)
2. A bloody drainage is to be expected on the bandages. If there is excess free bleeding, please notify the office.
3. Do not remove the bandages, until the day after surgery. Clean the wounds with hydrogen peroxide and cover with Band-Aids.
4. Avoid getting the bandages wet. You may take a limited bath or shower but should use precautions to prevent getting the bandages wet. You will be able to take a full shower after your first visit. You should not take a full bath, swim or whirlpool until the wounds are completely healed.
5. Take a plain aspirin 650 mg. twice a day. The antiplatelet function of aspirin helps reduce the chance of blood clots. The aspirin may be tolerated with food.
6. A pain medication has been chosen for you to hopefully reduce your pain with the least amount of side effects. Take the pain medication as prescribed only as needed for pain. A side effect of all pain medication is possible nausea. Taking the medication with food may prevent some of the nausea. Drowsiness is also a side effect of all pain medications. Do not drive or perform other hazardous activities when taking pain medication. Prolonged use of pain medication and bed rest can also cause constipation. If you have excess pain, return to the emergency room for evaluation.
7. There are many other possible side effects of medications as we have discussed. If you develop a rash or unexpected problem with any of the medications, please stop the medication and call the office.
8. You may run a low grade fever for two (2) nights following surgery. Take Tylenol for elevated temperature. If temperature exceeds 101.5°F, call the office.
9. You may move the arm as tolerated unless otherwise instructed.

10. The sling may be removed as needed prior to your first post-op visit unless instructed otherwise
11. If you develop any unexpected problems after your discharge from the hospital, please call the office.
12. If a postoperative office visit has not been scheduled for you, please call the office to schedule.

Thank you for cooperating with these important instructions. The success of your surgery depends on cooperation. We need a team effort.

With kindest regards,

John G. Burvant, M. D..

I have received and understand the discharge instructions provided to me.

Patient's Signature

Date