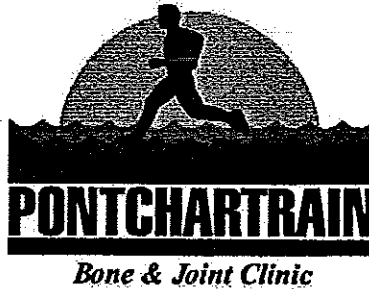


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Postoperative Instructions for Shoulder Arthroscopy

1. After surgery, swelling in the shoulder is normal. Apply ice to the shoulder as often as possible for the first 72 hours. Try to ice the shoulder for at least 20 minutes each hour. If you have been given a cold therapy unit, use as directed.
2. Blood-tinged drainage can be expected. Fluid is pumped into the shoulder during the entire procedure, so it is normal for your incisions to drain. The incisions may drain for up to 2-3 days. Please notify the office if you feel there is excessive bleeding.
3. You may change the bandages on the 2nd day after surgery. There will likely be small strips of tape (steri-strips) over the incisions. Leave these in place. If the steri-strips come loose, clean the wounds with hydrogen peroxide and apply band-aids.
4. Avoid getting your bandages wet. Avoid taking a shower or bath if you are unable to keep the bandages dry. You will likely be allowed to bathe after your 1st visit after surgery.
5. Your arm is either in a sling or abduction pillow sling. Please keep this on until your next office visit. You may take your arm out of the sling several times a day to flex and extend your elbow. This will prevent elbow stiffness. Do not move your shoulder when bending your elbow.
6. You may obtain a squeeze ball to use during the day. Use this as often as possible; this will help improve the swelling in your arm and shoulder.
7. It is very important that you do as much as possible without using your operative shoulder. Simply getting up and walking around is important. This will decrease the uncommon possibility of post-anesthesia pneumonia or lower extremity blood clots.

8. A prescription for pain medication has been provided. Some side effects are seen with pain medication. Possible nausea may be prevented by taking medication with food. Drowsiness may be another side effect. Do not drive while taking pain medication. If you experience excessive pain despite ice and medication, call the office. You may need to return to the Emergency Room for evaluation and treatment.
9. If you have a temperature above 101°, redness around your incision, or yellowish drainage from your incision, call the office.
10. If you develop any unexpected problems after your discharge, please call the office.
11. If a postoperative visit has not been scheduled for you, please call the office to schedule a visit at 7-10 days after your surgery.

Thank you for your cooperation with these important instructions.

Kindest regards,

Charles Haddad Jr MD

Additional Instructions: