

Dr. Sketchler's Post Op Instructions for Shoulder Arthroscopy

Follow the directions listed below unless otherwise specified by Dr. Sketchler:

1. Your arm will be in a sling immediately after the surgery and there will be a large soft bandage on the shoulder. The day of surgery after arriving home, place an ice pack on the shoulder and use the ice pack over night if necessary for pain relief.
2. On the day after surgery begin your antibiotics as prescribed. Continue to use an ice pack only when needed for swelling or pain. If the bandage has soaked through with any blood or if it is soaked through with fluid, remove the bandage. Otherwise wait until the following day for bandage removal.
3. It is normal to have considerable swelling after the operation. Bruising and a sensation of tightness around the shoulder is normal.
4. Two days after the surgery, remove the bandage. Remove the sling and begin attempting to move the arm around in gentle circles. Please the arm back in the sling as necessary and use the sling as necessary thereafter, the majority of the day. As the days go by gradually work your way out of the sling so that by a week after the surgery you should be out of the sling full time. Attempt to move the arm more every day.
5. Beginning two days after the operation you may take a shower or bath and wet the stitches with soap and water. Do not submerge underwater in a swimming pool or bathtub. Clean the stitches once a day thereafter with Peroxide after you dry off.
6. Some drainage or bleeding may occur from each of the small incisions. This is normal for the first 2 to 4 days after the surgery but should have ceased by 5 days after the surgery.
7. Dr. Sketchler will decide whether or not physical therapy is in your best interest depending on the mobility that you have achieved by the first or second postoperative visit. In many cases you may be able to perform exercises on your own without the physical therapist.
8. Pain relief from this surgery is not immediate by any means. Many people report improvement in their symptoms within a week. However, you can continue to experience pain and discomfort with movement of the arm for 6 to 8 weeks after the surgery. As time goes along soreness and pain should continue to diminish.
9. If a Rotator Cuff repair has been performed these instructions will differ.

Dr. Sketchler's office phone numbers are: Pontchartrain Bone and Joint Clinic – (504) 885-6464
Destrehan – (985) 764-3001
After hours (504) 457-2727

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

Patient's Signature

Date