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**Instructions for Shoulder Arthroscopy Patient**

1. Rest in bed or on couch most of the time for the first two days. Keep ice on the shoulder for about 20 minutes at a time, with 10 minute breaks.
2. Every shoulder and every arthroscopy are different. Some conditions cause more swelling after arthroscopy. Generally the more swelling that there is present, the less the patient will want to move the shoulder.
3. It is common for some seepage of blood to appear on the bandage. If you feel the amount of blood is excessive, please call Dr. Aiken.
4. You can move the shoulder as much as pain allows. You cannot ruin the surgery by moving the shoulder, unless yours is a special case in which case Dr. Aiken will tell you not to move the shoulder and not to remove the sling.
5. You may take the pain medication as directed on the bottle.
6. Please do not get the shoulder wet in the shower or bath until you see Dr. Aiken and he tells you it is ok.
7. The bandage on the shoulder can be removed and reapplied if it is uncomfortable. There is nothing that you can harm by removing or reapplying the bandage.
8. Call the office the morning after your surgery to let us know how you are doing and to make a follow-up appointment. Dr. Aiken will want to see you 2 or 3 days after the surgery.
9. Dr. Aiken's 24 hour a day telephone is 456-5152. Please call him with any questions.

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

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Patient's Signature

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Date