

## Discharge Instructions after Arthroscopic Shoulder Surgery

- A sling has been provided for you. Remain in your sling at until your nerve block wears off. After that you may come out of your sling as is comfortable.
- Use ice on the shoulder intermittently over the first 48 hours after surgery.
- Use the prescribed pain medicine liberally over the first 48 hours, and then you can begin to taper your use. **DO NOT TAKE MORE THAN THE PRESCRIBED DOSE.** You may take Extra Strength Tylenol or Tylenol in place of the pain pills. NSAIDS such as ibuprofen and Aleve (naproxen) are OK to take as well but Tylenol is preferred in the early post-operative period.
- You may remove your dressing after two days. The stitches are to stay in place until your follow up visit. If the incision sites are still moist, place a Band-Aid over the moist site(s). Change Band-Aids daily until dry.
- You may shower 5 days after surgery. The incisions CANNOT get wet prior to 5 days. Simply allow the water to wash over the site and then pat dry. Do not rub the incisions. Make sure your axilla (armpit) is completely dry after showering.
- Take one 81mg aspirin a day for 2 weeks after surgery, unless you have an aspirin sensitivity/ allergy or asthma.
- Pain medications CANNOT be refilled after hours or during the weekends and they CANNOT be called into a pharmacy. If you anticipate needing more, please plan accordingly.

For any urgent issues or problems including the following:

- Excessive redness around the incision
- Drainage for more than 4 days
- Fever of more than 101.5 F for more than a day

Please call **206-386-2600** or **1-800-262-3435** (My medical assistant Stephen Schrater can be reached at extension 141 during normal office hours)

If a post-operative appointment has not been made for you, please call **206-386-2600**. You should see the doctor **7-10** days after your surgery.