



**EVANGELISTA ORTHOPEDIC CLINIC**

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## **Post-Operative Instructions Arthroscopic Surgery of the Shoulder**

- First meal at home should be light
- An ice bag may be applied to your shoulder
- Prescription for pain medications will be provided at discharge
- You should move your hand and wrist as much as possible to decrease swelling
- You may remove the dressing 48 hours after surgery and apply band-aids to the puncture sites
  
- **DO NOT** apply any creams or ointments to your incision sites
- You may shower 72 hours after surgery, you may wash your incision gently with mild soap and water, pat dry and apply clean band-aids
  
- Use sling as instructed
- A small amount of bloody and/or watery discharge on your bandage is normal
- A physical therapy appointment should be arranged as soon as possible. Until cleared by physician, do not swim, take baths, or use whirlpool
  
- If you develop a fever (101.5 degrees or above), severe pain, redness or drainage from incision, unexpected redness or swelling in your leg, calf pain, chest pain or shortness of breath, please notify the office, or go directly to the ER
  
- Activities (please see checked boxes):
  - Wear sling at all times
  - Passive range of motion only
  
  - Range of motion as tolerated
  - Passive range of motion with restrictions on external rotation

If you have any questions about these guidelines, your procedure or the rehabilitation process please do not hesitate to call us at **480-656-0291**