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Shoulder Arthroscopy with Repair: Postoperative Instructions

Procedure:

- SLAP Repair
- Biceps Tenodesis
- AC joint Reconstruction
- Anterior Capsulorrhaphy
- Rotator Cuff Repair

Diet: Resume regular diet as tolerated

Medication: Take pain medicine as prescribed
Please avoid taking non-steroidal anti-inflammatory medication for 4 weeks after surgery unless specifically instructed to do so by your surgeon. (*i.e.* Motrin, Advil, Aleve)
Please resume regular medication regimen the day after surgery

Activity:

- Minimize activity the day of surgery
- Apply ice, even though bandages are thick and you may not feel the cold. Apply the ice to the shoulder 3-4 times per day for 15-20 minutes for about 1 week or until your shoulder is feeling comfortable again.
- Open and close your hand and flex and extend your wrist and elbow, 5 to 10 times at least 3-4 times a day (see “exercises” section and photos below)
- Keep a pillow under your elbow or behind your upper arm while lying down or sleeping. Sleeping in an upright position (recliner) may be more comfortable.
- **DO NOT** use heat.
- You may:
NOT perform any exercises with your shoulder. DO NOT ACTIVELY (on your own) lift your operative arm away from the side or front of your body.

Sling & Dressing care:

- You may:
NOT remove your sling. Maintain the operative arm in a sling/brace at all times (including while sleeping).
- When doing the range of motion exercises for the elbow, wrist, and hand, you do not need to be in the sling.
- Keep the dressing dry.
- You can expect some light bloody wound seepage through the bandage. **DO NOT BE ALARMED.** This is normal.
- If the dressing does get soaked with wound seepage, call your physician’s office at 914-686-0111.
- **Remove all dressings 72 hours after the surgery and cover incisions with band-aids.**

Showering:

- You may take a shower and get the incisions wet 3 days after surgery unless told otherwise. **DO NOT** immerse the shoulder under water, and **DO NOT** rub the incisions. Cover incisions with band-aids after showering. Do not put any ointments or creams on the incisions.

Notify your physician if you experience any of the following:

- Any fever over 101.5 degrees
- Excessive bloody seepage

Specific Instructions: Please call 914.686.0111 to schedule your follow up appointment. You should return to the office 10-14 days after surgery. We will review the surgical findings during your post-operative visit.

Exercises:

