

Yasmin Dhar, M.D.
Sports Medicine and Arthroscopic Surgery
600 Mamaroneck Avenue, Suite 101
Harrison, NY 10528
Phone: (914) 686-0111 Fax: (914) 686-8964
www.YDharMD.com
www.SpecialtyOrthoNY.com



Shoulder Arthroscopy without repair: Postoperative Instructions

Procedure:

- | | |
|----------------------------------------------------|---------------------------------------------------|
| <input type="checkbox"/> Subacromial Decompression | <input type="checkbox"/> Distal Clavicle Excision |
| <input type="checkbox"/> Rotator Cuff debridement | <input type="checkbox"/> Capsular Release |
| <input type="checkbox"/> Biceps Tenotomy | <input type="checkbox"/> Labral debridement |

Diet: Resume regular diet as tolerated

Medication: Take pain medicine as prescribed
You may also use non-steroidal anti-inflammatory medication after surgery unless specifically instructed not by a physician (*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:

Begin range of motion exercises and light activity once the arm is comfortable.

Sling & Dressing care:

- You may:
Remove your sling when the arm is comfortable in approximately 1-3 days.
- 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 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.

Exercises:

