



Florida Bone & Joint
SPECIALISTS



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POST OP INSTRUCTIONS – SHOULDER ARTHROSCOPY

- Most of the time, the dressings can be removed the second or third day after surgery. There will be different instructions for the anesthesia if there was a pain catheter used.
- It is OK to come out of your sling to shower (let the arm hang at your side). Do not lift your arm above your head unless we have told you it is OK to do so.
- Do not soak in a tub (bath, hot tub, etc.)
- Do not lift anything or use the surgery arm/hand unless we tell you it is OK.
- If you had a rotator cuff repair, active motion of the shoulder is limited for the first 4-6 weeks depending on the nature of the repair.
- We will take sutures out at about 7-10 days post-op.
- You may be asked to go to therapy after surgery. It is very important to go. If you are unable to attend PT for any reason, please let us know.
- Use ice bags/packs a lot! It will help reduce swelling and pain quite a bit.
- Please call if you have any questions or concerns.
- It is ok to take ibuprofen in addition or instead of pain medication if needed.

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