



## LANCASTER ORTHOPEDIC GROUP

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### **Discharge Instructions after Arthroscopic Shoulder Surgery**

#### Your Incision

- You may remove your dressing after two days.
- You may shower after the dressing is removed. The incision can get wet but CANNOT be submerged under water until your sutures/staples are removed. Do not rub the incision. Make sure your axilla (armpit) is completely dry after showering.

#### Using Your Arm

- A sling has been provided for you. Remove the sling 3 times each day to perform elbow, wrist, and hand range of motion exercises. Do not move your shoulder. You may also remove your sling for hygiene purposes and for getting dressing.
- Your sling should be worn continuously at all other times (even at night while sleeping).
- Active reaching and lifting are not permitted.
- Use ice on the shoulder intermittently (20 minutes on / 20 minutes off) over the first 48 hours after surgery.

#### Medication

- Pain medication has been prescribed for you.
- If you have been prescribed Toradol (Ketorolac), take this around the clock as prescribed even if you do not have pain. Toradol (Ketorolac) is a powerful anti-inflammatory medication that often limits the amount of narcotic pain medication that is required.
- On the first night after surgery, take 1 Toradol and 2 pills of the other medication around 10 pm. This should help you have some pain medication "on board" until your block wears off. Keep taking the medication as ordered until the block wears off. Once the block wears off, you should still take the Toradol around the clock, but you can begin to take less pain medication, as your comfort allows.

If you are a smoker, you need to refrain from smoking in the postoperative period. The nicotine in cigarettes will inhibit healing of your repair. Similarly, nicotine containing products (gum, patches) should be avoided.

Please call 717-560-4200 for any problems. Including the following:

- Excessive redness of the incisions
- Drainage for more than 4 days
- Fever of more than 101.5° F

You should see the doctor 10-14 days after your surgery.