

# **M I N N E A P O L I S O R T H O P A E D I C S**

**Advanced skills and experience for the results you deserve**

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## **HOME CARE AFTER ARTHROSCOPIC SHOULDER SURGERY**

### ***Wound Care:***

- 1) After 3 days remove the dressing.
- 2) Keep a bandage on the wound and change it every 2 days until there is no longer drainage. Some drainage may persist for up to 2 weeks from surgery.
- 3) Apply ice to shoulder for 20 minutes 3 times per day for 2 weeks.
- 4) Keep the wound dry until the stitches are removed.
- 5) Call the office if you develop any of the following:
  - Temperature over 101 degrees
  - Large amount of bleeding from incision
  - Significantly increased redness, pain, numbness, or swelling
  - Thick, yellow, or foul smelling drainage from incision

### ***Exercises:***

- 1) Perform each directed exercise 2 times per day. Do 10 repetitions per exercise. Ice your shoulder after exercises.
- 2) You should attempt to use your operated arm with daily activities. With the following exceptions:
  - 1) no lifting over 5 lbs; and 2) limit repetitive activities.
- 3) Physical Therapy is an important part of your rehabilitation. PT will be arranged when you return for your 2 week post-op appointment if it hasn't already been set-up.

### ***Pain:***

- 1) A prescription pain medication will be given to you before you leave the hospital.
- 2) Take 2 aspirin each day for 1 month (unless you are allergic to aspirin or have been directed by another doctor not to take aspirin).
- 3) If you need additional pain medication call the office during office hours.
- 4) Some discomfort in the shoulder is expected for up to 6 weeks. Swelling in the operated shoulder, arm, and hand is often noticeable for up to 3 months.

### ***General Directions:***

- 1) Please contact the office, during office hours, to set up your 2 week post-op appointment.
- 2) If you have any questions, concerns, or are unsure of your appointment times call the office during office hours.
- 3) If you are having difficulty sleeping try putting pillow(s) under your surgery shoulder & arm, prop yourself up with pillows, or use a recliner.