

POST-OPERATIVE INSTRUCTIONS:
Shoulder Arthroscopy

1. The following medicines are recommended:
 - a. Percocet : Take 1 pill every 4-6 hours as needed for pain
 - b. Zofran: Take 1 pill every 8 hours as needed for nausea
2. Apply ice to the shoulder directly over the bandage. Ice at least 20 minutes 5 times a day for the first 48 hours. Use as needed thereafter.
3. If pain is severe between doses of pain medicine, over-the-counter Ibuprofen may be taken. Take 600 mg every 6 hours (Maximum 2400 mg in 24 hours)
4. Sling should remain on:
 - a. At all times, including sleep, except dressing, bathing, and exercises
 - b. For comfort only for 24-48 hours. You may use shoulder as tolerated
5. Leave the dressing in place for 48 hours. After 24 hours, remove the dressings leaving the yellow Vaseline gauze on the incision and apply band aides over theses. It is normal to have drainage on the post-op bandage.
6. You may shower after 48 hours. Dry incisions carefully with a clean towel and apply new band aides. Removed sling but keep arm at the side while showering. Avoid bathtub and pool until sutures are removed.
7. 3 times a day remove the sling and perform gentle elbow, wrist and hand ROM exercises with elbow at your side. Pendulum standing pendulum exercises as directed. Perform grip strengthening with squeeze ball. (See exercise sheet)
8. Therapy:

- a. Start therapy in 3-5 days
 - b. Start therapy immediately (manipulations)
 - c. Therapy will start after 1st office visit in 1-2 weeks
 - d. No therapy for 6 weeks
9. Call Dr. Tyndall's office if you notice any redness, increased warmth, swelling, or discharge from incisions or if the post-operative discomfort increases and is not relieved by a combination of applying ice and taking pain medicine as directed.
10. Dr. Tyndall can be reached at 814-574-1855. The office can be reached at 814-942-1166. If you are experiencing an emergency, go to the ER or call 911.