



MAIN OFFICE:	EVANS OFFICE:
<b>University Hospital Professional Center 3</b> Suite 20 811 13th Street Augusta, GA 30901 <b>Phone:</b> (706) 722-3401 <b>Appointments:</b> (706) 823-3812 <b>Billing &amp; Insurance:</b> (706) 722-1197 <b>Fax:</b> (706) 724-6540	<b>Evans Town Park</b> 2511 Associates Way Evans, GA 30809 <b>Phone:</b> (706) 854-2140 <b>Fax:</b> (706) 854-2925

## Post-Operative Instructions for Shoulder Arthroscopy

### General Instructions

- Apply ice covered with a towel to shoulder for 2-3 days (15-20 minutes at a time).
- Swelling and bruising is normal. You may loosen dressing if needed.
- Low grade fevers (less than 101 degrees) are common after surgery. Deep breathing will help with this. If your fever persists for more than a few days, or the wound gets more red, call the office.
- Use the sling for the first 72 hours (3 days) following the procedure, and then remove the sling as tolerated. However, if you had a labral repair, a stabilization procedure, or a rotator cuff repair, you should wear the sling at all times until your first follow-up appointment, even while sleeping.
- The pain medication given to you can cause constipation, nausea and itching. You may switch to Tylenol or Motrin when more comfortable.

### Exercises

- Move and use your elbow and wrist as comfort; start squeezing a soft rubber ball.
- No lifting, pushing, and pulling for 1 week.
- Start "pendulum" exercises with arm in front of body.
- Start physical therapy with a physical therapist within one week. Call 823-3807 if you do not already have an appointment and are scheduling with the OAA physical therapy group.

### Bandages

- Your dressing may show blood stains after surgery. This is expected. If the blood is still wet after the first day, call my office.
- Remove all dressings and cover wounds with Band-Aid's after three days.
- You may shower after 3 days, earlier if your surgeon allows.
- Do not swim or submerge incisions in water for 2 weeks.

### **Work**

- Your comfort level should be your guide for returning to work.
- Most people are able to return after 2-3 weeks, depending on procedure performed.

### **Important**

- Report any complications to my office immediately. This includes excessive bleeding, wound breakdown, increasing redness, pain, or numbness, prolonged fever over 101 degrees, or any other problem or question.
- Call office for follow-up appointment 10-14 days after surgery (if not scheduled). The number is 706-722-3401.
- A physician is on call 24 hours a day, 7 days a week for emergencies and may be reached through the answering service by calling the regular office number 706-722-3401.