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POST-OPERATIVE INSTRUCTIONS FOR PATIENTS HAVING SHOULDER ARTHROSCOPY

1. You have been provided with a sling. Please wear the sling at all times until _____. The sling needs to be worn while you are sleeping. You should remove your arm from the sling 3-4 times each day to do pendulum exercises. Pendulum exercises are performed by leaning forward at the waist and letting the arm fall forward toward the ground. The shoulder may then be moved in a circular fashion to your tolerance.
2. Please leave the bandages on your shoulder in place until _____. On _____ you may remove your bandages and take a shower. Do not remove the steri-strips over your incision sites. Apply only soap and water to your shoulder. After showering please dry your incision sites well. Do not put any lotions or ointments directly over your incision sites. Please cover your incision sites with band-aids.
3. If you have been fitted with a Polar Care ice unit please use this device continuously for the first 3-5 days following your surgery and then as needed thereafter. This device circulates cold water around your shoulder for pain relief and control of post-operative swelling. If you have not been fitted with a Polar Care ice unit, please ice your shoulder for 15-20 minutes 4-5 times each day for the first 4-5 days after surgery and then as needed thereafter. Do not apply Polar Care or ice directly to your skin.
4. You may resume eating after your surgery. Initially begin eating foods such as toast, crackers and clear liquids. You may progress to your regular diet as tolerated.
5. Please call the office to schedule your first post-operative appointment. Our office phone number is #510-663-7700. Dr. Caldwell would like to see you on _____.
6. You have been provided with the medications to take post-operatively. Please take these medications as directed. If you have any questions please call our office for guidance.
7. If you have any questions, problems or concerns please call our office directly.