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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 for the first _____ days following surgery. The sling needs to be work while you are sleeping. You should remove 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 and dry until _____. On _____ you may remove your bandages and take a shower. 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 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 given a Polar-Care ice unit please use a bag of ice to your shoulder for 15-20 minutes 3-4 times each day. Do not place Polar Care of ice directly on 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 for your first post-operative visit. Our office phone number is 510-451-6266. Your physician would like to see you _____.
6. You have been provided with medications to take post-operatively. Please take these medications as directed. If you have questions please call our office for guidance.
7. If you have any questions, problems or concerns please call our office directly. Our office phone number is 510-451-6266.