

**Mathias Masem, M.D.**  
Surgery of the Hand, Wrist, Shoulder and Elbow  
Microsurgery  
Diplomate, American Board of Orthopedic Surgery  
Certificate of Additional Qualification in Surgery of the Hand

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**POST OPERATIVE INSTRUCTIONS FOR PATIENTS HAVING  
SHOULDER ARTHROSCOPY**

1. Special waterproof bandages have been applied to your incisions. You may leave these in place until your first visit. Also, you may shower starting the day after surgery with these special bandages.
2. You have also been fitted with a Polar-Care device which circulates cold water around your shoulder for pain relief and control of post-operative swelling. You may use this device continuously for the first three to five days and then as needed thereafter. You will need to fill the thermos with ice water as necessary.
3. After the second post-operative day, try to use the sling as little as possible as this will only be detrimental to the motion of your shoulder which is one of our primary goals for your post-operative course. You should be elevating your shoulder above your head within three to five days.
4. Use the pain medication as prescribed for the discomfort.
5. Should you have any problems or questions, please contact our office.