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ORTHOPAEDIC SURGERY

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

1. Keep dressing clean and dry. Change outer dressing if it becomes wet or soiled.
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. Use sling continuously until first office visit.
4. Use the pain medication as prescribed for the discomfort.
5. Should you have any questions or problems, please contact our office.