

JOHN D. WARBRITTON, M.D.
300 Frank Ogawa Plaza, Rotunda Building Ste 700
Oakland, Ca 94612
(510) 839-0584

POST-OPERATIVE INSTRUCTIONS FOR PATIENTS HAVING SHOULDER ARTHROSCOPY

You should have a post-op appointment scheduled for one week from your date of surgery. If you have not scheduled this appointment please call our office immediately to arrange a time when we can remove your bandages and stitches.

Special waterproof bandages have been applied to your incisions. Please leave these in place until your first post-op visit. You may shower 48 hours after surgery with these bandages in place.

You have been provided with a device that circulates cold water around your shoulder for relief of pain and swelling. Please use this device continuously for the first 3-5 days after surgery, and then any time you need it. Replenish the ice water as necessary to keep it cold.

After the second post-op day, try to use the sling as little as possible. Using the sling constantly may interfere with your healing and keep you from being able to move your shoulder fully in all directions. Start doing your pendulum swings at least three times daily on the first day after surgery, and start trying to raise your arm to the front and side within the first 3-5 days.

Some numbness or tingling after surgery may be expected, and it may last through the next day or two, especially if you are given a nerve block. If the numbness becomes worse or increases, call the office.

Use anti-inflammatories and pain medications as directed. This is particularly important for the first few days after surgery. Remember that it's always easier to prevent pain from becoming severe than it is to relieve severe pain.

Pads and wires for your electric stimulation unit were placed under your dressing. Turn the electric stimulation device on for at least 20 minutes out of every 2 hours while you're awake to relieve pain and control swelling.

If you have any concerns or questions contact our office at 839-0584.