

SHOULDER ARTHROSCOPY DISCHARGE INSTRUCTIONS

- Keep your dressing clean and dry.
- You may remove the bulky outer dressing after 2-3 days and cover incision with band-aids.
- You may shower after the dressing comes off, but DO NOT soak your shoulder in a bathtub, pool, or other standing water.
- Apply ice to your shoulder for 20 minutes several times a day. This will help with the swelling and may help to decrease some of the pain.
- Your arm will be placed in a sling post-operatively that will need to be worn for **24 hours**. After that, you may choose not to use it or to continue wearing it for comfort measures.
- You will be given a prescription for pain medication, but if you only experience mild discomfort you may take Tylenol (acetaminophen) or Advil (ibuprofen).
- The Inter- Scalene Block will wear off within 12 hours. You may experience some tingling as it wears off.

It is normal to feel some pain and swelling after the operation, but call our office if you experience:

- Fever above 101 F
- Increased redness, swelling, bleeding, excessive pain
- Numbness, coldness, lack of feeling in your shoulder
- Chest pain or shortness of breath

*Your initial post-op appointment will be made 7-10 days after surgery.

Please call our office if you have any questions: **(912) 644-5331** or **(800) 827-6536**