

**SHOULDER ARTHROSCOPY WITH ROTATOR CUFF OR LABRUM REPAIR
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 either a **REGULAR** sling or **ABDUCTION** sling post-operatively. The type of sling and length worn depends on the degree and location of tear.
- You will be given a prescription for pain medication, but if you only experience mild discomfort you may take Tylenol (acetaminophen) or Advil (ibuprofen).

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**