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Shoulder Arthroscopy Postoperative instructions

- **Weight bearing**
 - You are weight bearing after surgery
 - Keep your sling on for comfort
- **Movement**
 - It is beneficial to change positions often after shoulder arthroscopy.
 - You may use the pillow portion of the sling for comfort if desired
 - **DO NOT STAY IN BED.** We recommend at least 10 minutes of walking every hour.
- **Sleep**
 - Keep your sling on during sleep for comfort
 - Many patients are most comfortable sleeping in a reclining chair for the first 1-2 weeks
- **Ice**
 - Use bagged ice **as much as possible** when you get home at intervals of 30 minutes on and off. You should use ice for approximately two weeks. Do not use ice while you are sleeping.
 - Place the ice onto the shoulder over a thin layer of clothing or a towel, but never directly on the skin.
- **Wound care, Dressings/Bandages**
 - Leave surgical bandage on and do not shower for 48 HOURS
 - After 48 hours, remove bandages and gauze, but leave steri-strips (white tape) in place during showers.
 - Its normal to see bloody soaked fluid on the bandages.
 - After showers, leave the incisions open to air with steri-strips in place and gently pat dry. You may place BANDAIDS over the incisions
 - Do not apply lotions or ointments to the incisions.
 - Do not soak incisions in any pool/spa/bath water until 3 weeks after postoperatively or until your incisions are completely closed.

After surgery, call the clinic if you have....

- A fever higher than 101° (38.3° C).
- Changes in your incision: opening, drainage, redness.
- Numbness or tingling or loss of function of your leg.
 - Numbness around the incisions is normal.
- Increased pain or swelling in your calf.
- Nausea or other side effect not controlled by the medications you are given.
- **CALL 911 IMMEDIATELY IF YOU HAVE CHEST PAIN OR SHORTNESS OF BREATH.**