



Post-Operative Instructions – Shoulder Arthroscopy

Dr. James W. Snead, MD

Orthopaedic Specialists of Massachusetts (OSM)

Pain Medication

- Take medication as directed. DO NOT wait until pain is severe.
- 1000 mg Tylenol (max 3000 mg/day).
- May add 400–800 mg Ibuprofen if no contraindication.
- If needed, 5 mg oxycodone every 4–6 hours (5–10 mg per dose). Limit use.

Wound Care

- Leave dressing in place for 72 hours.
- Shower on Post-Op Day #3. On POD #3 - (once the dressing is removed) you can get the small incision wet (in the shower only) and after the shower -- dry the incisions thoroughly and put Band-Aids on the incision.
- Do NOT submerge shoulder underwater for 3 weeks.
- Please change the Band-Aids to the small shoulder incisions daily.

- No antibiotic cream required. If you feel compelled to put something on the incisions, you can put a small amount of Betadine (on the incisions) and let dry before the Band-Aids are applied.
- REMEMBER TO WASH THOROUGHLY and dry under your arm (armpit) carefully to prevent yeast irritation in this area.

Ice, Sling & Restrictions

- Ice shoulder as much as desired during the first 3–5 days.
- Wear sling most of the day except during exercises. You can also take short breaks out of the sling to use the arm to write, use a computer, or eat.
- Please try to do the exercises twice daily starting on postop day (POD) #1.
- DO NOT lift anything greater than 2 pounds with the operative arm.

Expected Symptoms

- Pain, stiffness and bruising are normal.
- Bruising may extend down the arm or chest.
- Mild drainage for the first 3–4 days is expected.
- Low-grade temperature (first 1–3 days) is normal.
- If temperature >101°F and persists, call office.

Postoperative home exercises - Begin Post-Op Day #1 - the day after surgery.

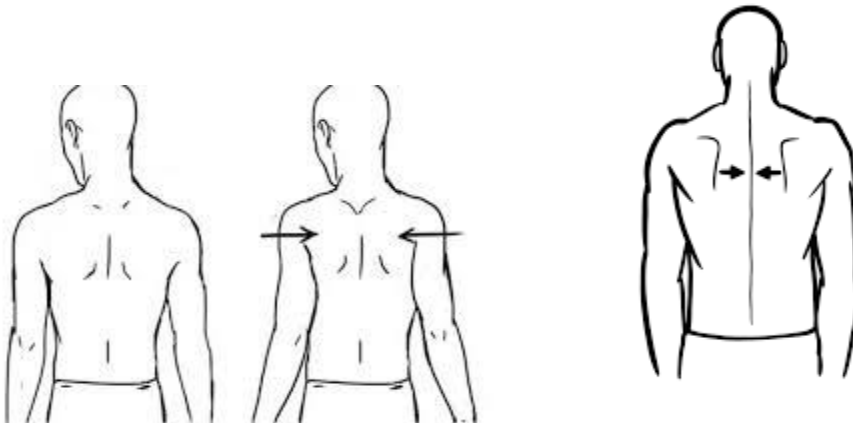
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- Perform 10–15 repetitions slowly and controlled - and try to pause for 1-2 seconds and your maximum distance.
- Do 1–2 times per day.



Scapular Retractions

- Sit up as straight as possible (back straight and chin up) - pull your shoulder blades back and down. Try not to move your arms during the process -Just the scapulas /shoulder blades. Similar to squeezing a tennis ball between your shoulder blades.
- Hold 5 seconds. Repeat 10–15 reps.
- Do 1–2 times per day.



Pendulum Exercises

- Perform clockwise and counterclockwise circles. Do 15-20 circles clockwise and then 15-20 circles counterclockwise. Can do sitting or

standing. Probably better to do sitting the first several weeks after surgery.

- Do 1–2 times per day.



Activity

Take it easy for the first 48–72 hours. Walk as tolerated. Getting up and moving around is encouraged.

Call our office **781-769- 6720** for excessive drainage after 48 hrs, increasing pain, fever >101°F, or concerns.