

Post-op Shoulder Arthroscopy Instructions
Dr. George Richardson
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1. No driving until your post op appointment, if your surgery was performed on the right shoulder. No driving for 24 hrs or while taking narcotics if your surgery was performed on the left shoulder.
2. Apply your ice pack to shoulder every day until your post op appointment. Apply ice 30 min at a time then off for 2-3 hours.
3. Only remove your sling to shower, unless instructed otherwise.
4. Take the prescribed medication as needed. It is recommended that you eat a small amount of food with pain medication to prevent nausea.
5. Shower with the wound covered for 5 days.
6. Leave your post op dressing on for 5 days. After the 5th day, you may remove the bandage. You may notice drainage or fluid with some blood. This is normal. The drainage is just fluid from your shoulder arthroscopy. Shower as normal, using soap and water. Gently wash the area, pat it dry and keep the incisions clean and dry with band-aids or clean gauze and tape. DO NOT soak your incisions in a bathtub, hot tub, etc.... until instructed by the office after your post op appointment.
7. Once you are home on the day of your surgery, call our office to make your post op appointment. This appointment is usually 2 weeks after your surgery date unless otherwise specified by Dr. Richardson.
8. Other:

Patient/Responsible Party

Nurse

Date/Time