

Pre and Post Op Instructions: **Arthroscopy Shoulder (Shoulder Scope)**

### **Pre Op Checklist:**

- Wash operative neck, shoulder, and arm with soap and water to remove all dirt and skin oil. No lotions the day before surgery. Please trim fingernails and clean dirt from underneath nails.
- Wear loose fitting clothes the day of surgery. Expect to have a bulky dressing with a sling postoperatively on your shoulder. Button up shirts are preferred.
- If you work, you will possibly have a work restriction. Please communicate with your work prior to surgery. Work restrictions will be discussed with ortho office prior to surgery.

### **Surgery Day:**

- Postoperative instructions will be given to your family member or friend that brought you to the hospital.
- Prescriptions for pain control will be given to you on the day of surgery.
- No eating or drinking after midnight on the day of surgery.

### **Post Op:**

- Maintain dressings until the morning of postoperative day #3. (e.g. if surgery is on Tuesday, then ok to change dressings on Friday)
- Ok to redress with 4 x 4s and tape from local pharmacy. Ok to shower the morning of postoperative day #3. No hard scrubbing.
- **NO weight bearing** to operative arm.
- Wean out of sling over the next few days. Motion is ok to the shoulder as long as it is **SUBPAINFUL**. Gentle motion is encouraged to avoid stiffness.
- Ice the shoulder (30 min on, 15 min off, and repeat...). Of course, avoid frostbite.
- Take prescribed pain medication as instructed. You can take a small dose of ibuprofen over the counter as an adjunctive pain medication starting the DAY AFTER surgery as long as you have no allergies to ibuprofen, other drug interactions, or medical contraindications such as stomach or kidney issues. Confirm with your primary care physician if you have any questions regarding allergies or drug interactions.
- Physical therapy should be schedule 5-7 days after surgery. Please call the rehab facility where you are scheduled to confirm your appointment.
- Follow up appointment should be scheduled in advance before your surgery. Call my office at 800-622-6575 if you have any questions, or you can call my patient care line directly at 765-213-3885 and leave a message for my nurse.

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