



POSTOPERATIVE INSTRUCTIONS

Minor Shoulder Arthroscopy

Rehabilitation or physical therapy instructions, when needed, are provided separately.

Sling and Shoulder Motion

- This sheet is for minor shoulder arthroscopy when no major repair was performed.
- The sling is for comfort and protection. You may remove it as soon as it is comfortable to do so.
- You may begin gentle active and passive shoulder motion as soon as it is tolerable after surgery.
- Let pain guide your motion. Avoid heavy lifting, forceful pushing or pulling, or strenuous use of the arm until you are comfortable and cleared to advance activity.

Incision and Bandage Care

- A large bandage will cover the shoulder after surgery.
- Remove the outer bandage on postoperative day 2.
- After the bandage is removed, you may shower and let water gently run over the incisions. Do not soak or submerge the shoulder until cleared.
- After showering, pat the incisions dry and cover them with Band-Aids for protection.

Pain Control - Goal: Minimize Opioids

- **Acetaminophen (Tylenol):** Take 1,000 mg (two 500 mg Extra Strength tablets) three times a day unless instructed otherwise.
- **Anti-inflammatory medication:** Unless you were prescribed Celebrex or a different anti-inflammatory, take ibuprofen 800 mg three times a day with food.
- **Do not combine NSAIDs.** Do not take ibuprofen together with Celebrex, meloxicam, naproxen, diclofenac, or another NSAID. If you have been told to avoid NSAIDs, do not take ibuprofen unless specifically instructed.
- **Muscle relaxer:** Flexeril (cyclobenzaprine) may occasionally be prescribed for muscle spasm. Take it only as directed. It can cause drowsiness.
- **Oxycodone / Percocet:** Use only if pain remains unbearable despite Tylenol and your anti-inflammatory medication. Use as little as possible. The goal is to avoid opioids whenever possible.
- **Important Tylenol warning:** Do not take additional medicines that contain acetaminophen. Percocet contains acetaminophen and counts toward your daily total.
- **Alcohol and driving:** Do not drink alcohol or drive while taking oxycodone, Percocet, Flexeril, or any medication that makes you sleepy or impairs your judgment.
- **Blood thinner:** If an anticoagulant or blood thinner is prescribed, take it exactly as instructed.

Follow-Up

- A follow-up appointment will be scheduled to monitor your recovery.
- Call the office if you have questions or concerns before your follow-up.

Call the Office for Any Other Concerns

- Increasing redness, swelling, warmth, or drainage from the incision.
- Fever or chills.
- Severe or worsening pain that is not improving as expected.
- Persistent or increasing swelling, numbness, or pain in the arm or hand.

CALL 911 OR GO TO THE EMERGENCY ROOM

For any emergent issue. Do not use the office or urgent postoperative text line for an emergency.