

### Shoulder Arthroscopy and Debridement (No Rotator Cuff Repair)

#### Post-Operative Day #0-3

- Ice and sling – Ice for about 20 minutes/hour while awake
- You may remove dressings and shower on day 2. Cover wounds with Press'N Seal (available at grocery store or pharmacy)
- No baths!
- Replace dressings with dry gauze or band-aids
- Pain medications as needed
- May start on motion exercises focusing on pendulum exercises on day of surgery

#### Post-Operative Day #4-10

- Increase activity as tolerated
- May stop wearing the sling when comfortable
- Wean off of narcotics and try to use Ibuprofen or Alleve
- Continue ice, especially after activity
- Work hard on your physical therapy focusing on regaining range of motion in all planes

#### After first post-operative follow up:

- Resume activities as tolerated
- Continue ice as needed for swelling
- Driving generally is OK when off of all narcotics and you have good use of your arm
  - Important that you not be physically limited due to your surgery if you are going to drive
- Formal physical therapy program if needed