

Shoulder Arthroscopy and Instability Correction

Post-Operative Day #0-10

- Ice and immobilizer – Ice for about 20 minutes/hour while awake
- You may remove dressings and may 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/sleeping medications as needed
- May come out of sling for gentle motion of the elbow, wrist and hand with shoulder at your side
- No therapy necessary at this time
- Avoid NSAIDs (Ibuprofen, Motrin, Aleve, etc.) until cleared by your doctor

After first post-op visit:

- Continue wearing the immobilizer, expect at least four weeks
- Wean off of narcotics
- Will start formal physical therapy focusing on passive motion with therapist
- Continue ice, especially after activity/physical therapy
- Driving generally is OK when off of all narcotics, and you have good use of your arm. This may be a prolonged period of time due to restrictions on shoulder motion and depending on which extremity was repaired.
 - Important that you not be physically limited due to your surgery if you are going to drive