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**SHOULDER ARTHROSCOPY**

*PATIENT EDUCATION FORM*

**ACTIVITY:**

* The most important thing you can do to aid recovery is to be **up and moving around**. Do this within your restrictions.
* You will have a sling and will be **non-weight bearing** to the operative extremity. You may move your fingers freely in the sling. You should sleep in the sling until cleared by your surgeon.
* Sleeping may be more comfortable in a semi upright/reclined position for a short period after surgery.
* **NO** overhead reaching, grasping, pulling, pushing until cleared.
* **AVOID** sitting or standing for more than 20 to 30 minutes at a time.
* If given a sling, this will be worn for **4 to 6 weeks after surgery** until cleared.
* You may resume sexual activity when you feel ready.
* You may drive an automatic transmission vehicle when you feel you can tolerate it. This is around 1-2 weeks after surgery, and **you should not be taking any narcotics**. Driving any manual transmission vehicles should be discussed with your surgeon. If there any questions regarding weight bearing, activity, or driving, ask your surgeon.
* Your surgeon will discuss your return to work at your follow-up appointment if earlier arrangements have not been made.

**INCISIONS:**

* For portal (small poke hole) sites you may uncover these incisions **3 days after surgery**. Some drainage is normal and expected. You may shower with these sites uncovered. Place dry gauze and tape over these incisions to prevent irritation with clothing or brace.
* For open incision sites, keep these **covered** with surgical dressings until seen in clinic.
* Gauze and tape can be obtained from your local pharmacy. If soiled, dressings should be changed daily.
* Your incision will be closed with sutures or staples. Many sutures do not need to be removed. If you have staples or removable sutures these will be removed at your first follow up appointment in two to three weeks.
* Keep your incision **clean and dry at all times**. If protecting a large surgical site dressing you may either sponge bathe or use a cast bag to protect the extremity. When showering keep your incisions away from the stream of water. No bathing or soaking incision. No swimming in hot tubs, pools, lakes, oceans, etc.
* Do **NOT** put ointments or creams on or by your incisions.
* As your incisions heal, they may itch but **DO NOT** scratch them.
* Often times, you may get swelling directly under or adjacent to your incisions. As long as there is no redness, drainage, or exquisite tenderness, this will likely resolve. Watch the area for changes.
* No pools or hot tubs until cleared by your surgeon.