

## **Post-Operative Instructions** **Shoulder Arthroscopy**

### **Day of Surgery**

- A. Relax. Diet as tolerated.
- B. Ice pack to shoulder every one to two hours while awake for twenty minutes or cryocuff or game-ready. Ice cuff as per instructions.
- C. Pain medication as needed every four hours.

### **First Post-Operative Day**

- A. Continue ice pack every one to two hours while awake and pain meds as needed or cryocuff or gameready. Ice cuff as per instructions.
- B. You may remove surgical bandage and shower this evening. Apply bandaids to wounds prior to showering and remove and apply fresh bandaids after shower is complete.

### **Second Post-Operative Day**

- A. Continue ice pack up to post op day 2-5 and utilize after physical therapy sessions.
- B. Continue daily shower/bandaid routine.
- C. You may remove surgical bandage and shower this evening. Do not remove steri strip. Apply bandaids to wounds prior to showering and remove and apply fresh bandaids after shower is complete.
- D. You will need to keep your incisions covered with bandaids when taking a shower for the first week.

*\*Note: Your shoulder will be very swollen. It may take a week or longer for this to go away. It is also common to notice burning around the shoulder as the swelling resolves. If excessive bleeding occurs, please notify Dr. Lomas*

**Call our office @ 646-356-9411 to confirm your first postoperative visit, which is usually about 1-2 weeks after surgery. If you are experiencing any problems, please call our office or email Dr. Lomas at [Guillem.gonzalez-lomas@nyumc.org](mailto:Guillem.gonzalez-lomas@nyumc.org)**