



CHRISTOPHER LYONS, M.D. SPINE SURGERY | JOINT REPLACEMENT | ARTHROSCOPY

JOHN MANTA, M.D. SPORTS MEDICINE | ARTHROSCOPY | JOINT REPLACEMENT

BONNIE NYE, M.D. SPORTS INJURIES | SPORTS CONCUSSIONS

SHOULDER ARTHROSCOPY INSTRUCTIONS

1. After surgery your shoulder is wrapped in a bulky dressing. This dressing may become blood stained after surgery. You may remove the dressing 72 hours after surgery and replace it with Band-Aids over your sutures. At this time, you may shower. After a shower pat the area around the sutures dry and replace the Band-Aids.
2. A strong pain medication has been prescribed for you. If you have had a "block", your arm will be numb. Please take the pain medicine as soon sensation begins to return to your arm. Ice and elevation are important adjuncts to this medication. Use ice for 20 minutes an hour as necessary for comfort. The ice pack is important to decrease pain and swelling and should be utilized as directed.
3. A fever may be present the first few days after surgery. This is not cause for alarm. You may take Tylenol to decrease the fever. If you have persistent fever, redness, swelling, tenderness or drainage about the puncture sites please contact me.
4. Please call 610-280-9999 to schedule your post surgery appointment 10 - 14 days after surgery. Your sutures will be removed at this time.
5. To facilitate your post surgery recovery, exercises should be performed starting the day after surgery. Repeat each exercises ten times three times a day. These exercises are:

Take your arm out of the sling. Please lean forward at the waist and let you arm hang down. Allow your arm to swing in small circles like a pendulum. Repeat this 3 times a day

With your arm out of the sling use the non-operative arm to elevate the operative arm in front of you. You may also have a family member lift your arm.