

## Shoulder Arthroscopy Home Instructions

### Labral Debridement Biceps Tenodesis Shoulder Arthroscopy

#### Ice:

Ice will help relieve the swelling and pain. Use the ice bag on your shoulder, as needed, until your follow up appointment, alternating 20 minutes on and 20 minutes off.

#### Medications:

Follow instructions carefully. Pain medications should be taken with food to minimize negative side effects, such as nausea and vomiting. Pain medication may also cause dehydration and/or constipation, so drink plenty of fluids. Do not drive a vehicle or operate heavy machinery if you are taking pain medication.

#### Activity:

**Sling:** Remove sling 24 hours after surgery and begin working on wrist/elbow and shoulder full range of motion. No lifting anything heavier than 12oz soda can for 6 weeks.

**Immobilizer:** May remove 24 hours after surgery and use as needed for comfort.

#### Surgical Dressing:

It is normal to have some bloody drainage. You may have been given spare bandages or gauze when you were discharged from the Surgery Center. If so, use those to replace the dressing, as needed and if it becomes soiled or loose. Make sure to keep all dressings clean and dry. You can remove the dressing on post-op day 3 and begin showering regularly. No need to reapply any dressing after day 3. Leave white steri strips on until post op appointment.

#### Follow Up Appointment:

It is very important to keep your scheduled post-op appointment. At this appointment, your dressing will be removed, incision inspected, and any sutures/staples will be removed. Further therapy or care instructions will also be given at this appointment.

**If you have any problems or questions after your surgery, please call Dr. Wohlrab's office at**

**910-295-0265.**