



# Sports Medicine & Shoulder Surgery

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## Shoulder Arthroscopy Postoperative Instructions (with/without Distal Clavicle Excision)

### Medications

You will be given post operative medication to control pain. Take as directed.

### Dressing

Leave you're dressing on unless your first post-op doctor or therapy visit is more than 48 hours after your surgery. After 48 hours, you may remove your dressing. **LEAVE THE TAPE STRIPS OVER YOUR INCISIONS.** These will stay on for 1.5 to 2 weeks and will slowly peel off.

### Showering

You may shower 48 hours after your surgery and get your incisions wet. **DO NOT** immerse in a tub or pool for 7 - 10 days to avoid excessive scarring and risk of infection.

### Ice Packs

Keep Ice Packs on at all times exchanging every hour while awake. Icing is very important to decrease swelling and pain and improve mobility. After 24 hours, continue to use the cuff 3 - 4 times a day, 15 - 20 minutes each time to keep swelling to a minimum.

### Activity

- Take it easy
- Wear your sling for the first 24 hours
- Move shoulder as tolerated
- Limit lifting to less than 5lbs for 6 weeks

### Goals

Full normal motion of your shoulder 1 week after surgery

### When to Contact Us

If you experience severe pain that your pain medication does not help, please let us know. If you have a temperature over 101.5°, please contact our office at (617) 667-3940.