



## **Discharge Instructions after Arthroscopic Shoulder Repair**

- A sling has been provided for you. Remain in your sling at all times with the exception of hygiene activities. This includes sleeping in your sling.
- Use ice on the shoulder on a scheduled basis over the first 48-72 hours after surgery. Continue to ice intermittently for the next few weeks as needed to reduce inflammation, especially after physical therapy.
- Pain medication has been prescribed for you. If you have been given a nerve block, begin taking medications immediately. Reserve narcotics and “as needed” medications for when pain is no longer adequately controlled with scheduled medications.
- **While taking Toradol (Ketorolac), DO NOT take ANY non-steroidal anti-inflammatory pain medications: Advil, Motrin, Ibuprofen, Aleve, Naproxen, or Naprosyn. You may begin anti-inflammatory medications at least 8 hours after your last dose of Toradol.**
- The incision(s) CANNOT get wet prior to 3 days. You may remove the bulky dressings after 3 days and replace with Band-Aids. Change Band-Aids as needed.
- You may shower 3-5 days AFTER your surgery. Simply allow the water to wash over the site and then pat dry. Do not rub the incision(s). Make sure your axilla (armpit) is completely dry after showering.
- Pain medications (opioids) can cause constipation, you may start using a stool softener, which you can purchase from the store, such as Colace, Peri-Colace or Senokot.