

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 an indwelling nerve block, begin taking pain medication on post-operative night number 2. You may begin taking it sooner if the nerve block has begun to wear off.
- Use your pain medication liberally over the first 48 hours after you begin taking it, and then begin to taper your use. You may take Extra Strength Tylenol or Tylenol only in place of the pain pills. **DO NOT take ANY non-steroidal anti-inflammatory pain medications: Advil, Motrin, Ibuprofen, Aleve, Naproxen, or Naprosyn while taking Toradol (Ketorolac). You may begin anti-inflammatory medications at least 8 hours after your last dose of Toradol.**
- 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. The incision(s) CANNOT get wet prior to 3 days. 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.