



# **Arthroscopic Shoulder Rotator Cuff Debridement and Shoulder Debridement**

## **Post-Operative Patient Instructions**

### **About Your Operation**

Your operation was completed through an arthroscope. We examined your shoulder with a small telescope and removed torn or abnormal tissue with special instruments.

### **About Managing Your Pain**

We have supplied prescriptions for pain medication, which may be filled at your pharmacy of choice. Please take your medicine as prescribed and as needed for pain. We also recommend that you wear an ice pack for two to three days following your surgery to help reduce swelling and to minimize pain.

### **About Your Bandage**

We have placed a soft bandage on your shoulder to soak up any fluid. Be sure to keep it dry. The surgeon will remove the bandage at your first post-operative visit in three to four days.

### **About Caring for Your Incision**

You may feel sore and develop bruising at the site of your incision over the next several days. However, this will generally go away on its own and requires no special care. You may cover your incision with Band-Aids after your post-op visit, unless your surgeon advises otherwise.

### **About Bathing**

It is safe to bathe 24 hours after surgery. You may wash with regular soap and water, but be sure to keep the bandage and incision site completely dry. Your sutures are under the skin and dissolve on their own.

### **About Resuming Normal Activity**

Let pain be your guide when using your arm for various movements and activities. If a motion causes pain, do not try to work through it. In the absence of pain, you may use your shoulder as naturally as possible. A sling is not necessary. Do not drive before your first post-op visit or while you are taking prescription pain medication.

### **About Warning Signs**

Should you experience a fever, severe pain or redness in your shoulder, please contact our office immediately.

### **About Your Follow-Up**

Call us at (513) 985-3700 to make an appointment for three to four days after your surgery. We will schedule your physical therapy appointment following your post-op visit.