



**STERLING RIDGE  
ORTHOPAEDICS  
& SPORTS MEDICINE**

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### Post-Operative Instructions – Shoulder Arthroscopy

1. Leave dressing on until you return to clinic.
2. Physical therapy as per Dr. Chin's protocol. Therapist should call office for any questions.
3. **Weight bearing instructions: Non-weight bearing. Do not raise your arm using your shoulder muscles. You may move your hand/fingers and raise your shoulder BY PASSIVE MOTION (by lifting it with your other arm, or resting it on a counter, or have someone hold it) for getting dressed or hygiene.**
4. Begin anticoagulation regimen: Aspirin 325 mg once per day x 4 weeks. If you have any difficulty using blood thinners or have bleeding in your stool, please alert us.
5. Begin anti-inflammatory regimen: EC-naprosyn 500 mg twice per day for 4 weeks.
6. Constipation can occur with pain medication. Take an over-the-counter laxative such as colace or senna as needed. Try to decrease pain medications as tolerated.
7. Please do not use bacitracin or other ointments under the bandage.
8. Use the cryocuff or ice packs as often as possible, and at least 20 minutes four times per day. When applying this to your shoulder, please do not allow the ice bags to directly touch your skin because this may cause blistering. Place the wrap around your shoulder over clothing (T-shirt) to prevent skin problems. After the first 48 hours, it is no longer necessary to use this continuously but only as needed for pain and swelling.
9. Shower 2-3 days after surgery if the incisions are dry. Gently pat the area dry after shower.
10. Do not soak the shoulder in water or go swimming (pool or ocean) until your incisions are healed.
11. For a sedentary, desk type of job, one can generally expect to return to work in one week or less. Reduced hours may be necessary initially. For a moderately strenuous job one can expect to return around six weeks after surgery or one-handed duty if available. For a strenuous job with no light duty available, return to work time can be up to four to six months after surgery.
12. Driving may be accomplished when you are no longer taking narcotic pain medications. As long as you wear your sling as instructed by your doctor and are no longer taking narcotics, you may drive if you are comfortable doing so. Driving with automatic transmission (as compared to manual transmission) is recommended. Most people do not drive after the surgery for at least 10 days.
13. Discontinue pain meds when able.
14. If you develop a fever (101.5), redness or drainage from the surgical incision site, please call our office to arrange for evaluation.
15. **Sling: wear at all times for 6 weeks                      wear for comfort**

If you have any questions, please call our office 832-698-0111.