



North Point  
Orthopaedics

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## **POST-OPERATIVE SHOULDER ARTHROSCOPY SURGERY INSTRUCTIONS**

*Once you have completed your surgery you should be well on your way toward the resolution of your pain. Please read the following instructions and follow them to increase the chances that your final results from surgery will be excellent.*

1. **Ice:**  
*You will go home with a Polar Care ice therapy cooler for your shoulder. This holds ice and should be used for at least the first 48 hours post op. Apply the ice to your shoulder for 20 minutes then remove for at least 20 minutes before re-applying. You can continue use the ice in the weeks after your surgery following exercises or rehab.*
2. **Dressing:**  
*Keep your dressing dry and in place. You may experience drainage through the dressing due to the fluid that is used during surgery. Reinforce the dressing if you need to. Remove the dressing 5 days after surgery and cover the incisions with band aids.*
3. **Therapy:**  
*You will be given a prescription for physical therapy to begin two days after surgery. Physical therapy can be done at any facility that will be covered by your insurance. If you do not have a therapy prescriptions please call our office.*
4. **Showering:**  
*You may shower after the fifth day. Do not soak your shoulder. Dry your shoulder well, apply alcohol to incision and apply band-aids.*
5. **Pain Medication:**  
*You will be sent home with pain medicine. If you need a refill of the pain medicine, call during office hours (8:30 AM to 3:30 PM). The office telephone number is 219-836-1060. Pain medicine will not be refilled after hours. Some pain medicines have to be written by the doctor and the prescription picked up instead of being called into the pharmacy. Do not wait until you are out of pain medicine to contact the office.*
6. *If a Scalene Block was part of your anesthesia, it should last 6-8 hours or longer, you should begin taking your pain medication before it wears off.*
7. *Call the office at 219-836-1060 or 219-365-0808 to schedule your post-op appointment for two weeks after surgery.*
8. *If any questions or problems, call the office at 219-836-1060. If you have an emergency and it is after hours, Dr. McComis may be reached on his pager at 219-685-0199.*