



## Xinning Li, M.D.



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### POST-OPERATIVE INSTRUCTIONS – SHOULDER ARTHROSCOPY

#### WOUND CARE

- You may remove the Operative Dressing on Post-Op Day #2.
- KEEP THE INCISIONS CLEAN AND DRY at all times.
- Apply Band-Aids to the wounds. Change the Band-Aids daily. Please do not use Bacitracin or other ointments under the bandage.
- Use the Cryocuff or Ice as often as possible for the first 7 days, then as needed for pain relief.
- You may shower on Post-Op Day #3. Please cover the wound with plastic wrap and secure it to your skin with tape. You may remove the sling for showering, but keep the arm across the chest. Gently pat the area dry. Do not soak the shoulder in water. Do not go swimming in the pool or ocean until your sutures are removed.

#### EXERCISES

- Wear the sling at all times except when doing your exercises. You may remove the sling for showering, but keep the arm across the chest.
- Please perform the exercises on the attached Home Exercise Program 2-3 times daily:
  - Pendulums
  - Elbow / Hand / Wrist Range of Motion Exercises
  - Grip Strengthening

#### POST-OP

- You will be given two prescriptions for pain relief for you to use post-operatively:
  - An anti-inflammatory medication, is to be used twice a day with breakfast and dinner, for the first ten days after surgery.  
**\*\* IF YOU HAVE AN ULCER HISTORY OR DIFFICULTY USING ANTI-INFLAMMATORIES OR ASPIRIN >> DO NOT USE**
  - VICODIN or PERCOCET, a strong narcotic, to be used only on an “as needed” basis for pain in addition to the Naprosyn.
- If you have any adverse effects with the medications, please call our office.
- If you develop a Fever (101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.

#### FOLLOW-UP

- Please call the office to schedule a follow-up appointment with Dr. Li for 10-14 days post-operatively.

**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE.**