

**Dr. Safran's Information Regarding**  
***POST-OP INSTRUCTIONS***  
***SHOULDER ARTHROSCOPY***

**DIET:**

1. Begin with liquids and light foods (jellos, soups, etc)
2. Progress to your normal diet if you are not nauseated.

**FOR 24 HOURS FOLLOWING SURGERY:**

1. Be in the care of a responsible adult.
2. Do not drive or operate machinery.
3. Do not drink alcoholic beverages.
4. Do not make important personal or business decisions or sign legal documents.

**ACTIVITIES:**

1. Elevate the upper body on pillows when lying for the first 48 hours.
2. Ice in a waterproof bag, a bag of frozen peas, or cryocuff, should be applied to the shoulder for at least 10 - 15 minutes each hour for 24 to 48 hours after surgery.
3. Do not drive until approved by your doctor.
4. Return to work depends on your type of employment.

**EXERCISE:**

1. Begin range of motion exercises of the shoulder, elbow, wrist, and hand immediately, as comfort permits.
2. Tighten all muscles (isometrics) around the shoulder 10 - 15 times each hour.
3. Other exercises will be outlined for you by the physical therapist or your doctor and can be started within 2 - 4 hours as comfort permits.

**WOUND CARE:**

1. Your dressings will likely become soaked in the first few hours after surgery. Replace the bandages with gauze and pads provided by the hospital nurse the day following surgery.
2. Do not use an ACE bandage or wrap tape or bandages around your shoulder or arm.
3. \_\_\_\_\_ The sling may be removed as needed, and discarded as comfort permits, usually by 2 -3 days after surgery.  
\_\_\_\_\_ Maintain your arm in the sling until you see your doctor.
4. Keep the incisions dry until your sutures are removed by the doctor. Use a plastic bag taped on the shoulder for showering after 72 hours. Avoid immersion of incisions in water.