

Vincent R. Avallone, Jr., D.O. – AO Orthopedics

Post Operative Patient Information for:

Arthroscopic Shoulder Surgery

Arthroscopy: Your operation was performed by arthroscopic surgery. The inside of your shoulder was visualized with a small surgical telescope, and surgery was performed with special micro-instruments. No large incisions were made, but you will have several small points of entry.

Dressing: A soft dressing has been applied to shoulder. Although the dressing may become moist or blood stained, this is not usually a cause for alarm. Do not remove the dressing. It will be removed at the time of your first office visit. Keep the dressing clean and dry.

Pain: Upon discharge, you will be given a prescription for pain medication. Ice may be applied to your shoulder to diminish swelling and pain. You will also be wearing a sling on the affected side, but you are to remove it after the 1st post operative day. As soon as your pain level allows, you may begin to gently move your shoulder UNLESS YOUR SURGEON INDICATED OTHERWISE.

Wounds: The small points of entry may be sore and develop bruising over the next several days. This is normal and will eventually disappear. The sensation of “splashing” of fluid in the joint is also normal, and will quickly be absorbed.

Bathing: Keep dressing clean and dry. Bathing or soaking should be delayed until after your first appointment.

Activity: Your sling may be discontinued as your pain allows unless your surgeon indicates otherwise. Exercises can begin post operative day #1. They should be performed several times daily. It is ok for light use of operative arm below shoulder level as pain allows. Begin range of motion as tolerated.

Check-up: You should be checked in our office in one (1) week. Call the office to make an appointment within 2 business days of the surgery. At the time of your first follow-up visit, your wound will be examined and your sutures will be removed. An appropriate rehabilitation program will be started. Any questions regarding your surgery can be discussed at that time.

Precautions: If you develop a fever (101°F or above), sever pain, redness or swelling of your arm, please contact our office. You should also frequently check your fingers to ensure that they stay warm (compared to the other side), can feel, touch and wiggle them.