



## POST-OP PROTOCOL FOR SHOULDER ARTHROSCOPY

### HOME CARE INSTRUCTIONS

- Follow up with Dr. Gallivan within 7-10 days from your surgery. This will be scheduled prior to your surgery.
- Keep dressing clean, dry, and intact. You may remove the dressing and shower 2 days after surgery. Place a clean Band-Aid over the incision site and sutures after showering.
- Your sutures will be removed at your first post-operative appointment. If you have steri-strips on your incision, leave them in place for 2 weeks.
- If you have had a rotator cuff repair, try to avoid NSAIDs such as Advil, Aleve, and Motrin for 6 weeks post-operative to promote healing.

### ICING

- Ice 15-20 minutes per hour while awake for the first 24 hours after surgery.
  - Then ice at least 4 times per day while swelling persists.

### CONSTIPATION

- Pain medication may cause constipation. Please drink plenty of fluids and take a stool softener (Miralax) as needed.
- If you have any other issues with constipation, please refer to the post-operative constipation handout.

### PLEASE CALL THE OFFICE IMMEDIATELY IF YOU EXPERIENCE:

#### Phone: (805) 220-6020

- Fever above 100.5°F
- Drainage from the incision that is odorous or yellow in color
- Pain unrelieved by medication, icing, and elevating
- Vomiting for 24 hours after surgery

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