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## Post Op Shoulder Arthroscopy Instruction

1. The sling needs to be worn at all times including sleeping. The only times the sling comes off is for the pendulum exercises and for showering and getting dressed. The sling is used for the first 4 weeks.
2. The shoulder should be iced  $\frac{1}{2}$  hour on and  $\frac{1}{2}$  hour off through the first day and at least 3x a day after the first initial post-operative day.
3. If you have a cryocuff (ice machine) this can be used continuously for the first day until 11pm and then  $\frac{1}{2}$  hour on and off after 11pm if you awaken with pain. After the first day this should be used on  $\frac{1}{2}$  hour on and  $\frac{1}{2}$  off at least 3x a day. Always place a shirt or small towel between your skin and the cryocuff.
4. Pain medication will be prescribed. If your pain does not require a narcotic pain medication take Tylenol **(as long as you do not have history of Tylenol allergy or a medical problem where Tylenol is contraindicated, i.e., liver disease)**
5. Pain medication may be constipating, if you are prone to this may take an over the counter stool softener such as Senokot.
6. Follow up the day after surgery for a dressing change. Usually you will be able to shower after the first dressing change.
7. Pendulum exercises are to be done 5x a day for 2 minutes sessions.
8. Therapy is usually expected to be started the first week after surgery

**Please Take:** Vitamin C 500mg 3x/day for 4 weeks & Vitamin D 50mcg/day for 4 weeks