



Arthroscopic Shoulder Surgery Instructions

1. Do not drink or eat anything after midnight before surgery. No gum or mints the morning of surgery. Your surgery will be cancelled if you eat or drink that day!
2. Do not take any medications that can thin the blood (Motrin/Ibuprofen, Aleve/Naproxyn, Aspirin, Coumadin, Fish Oil, Xarelto, Plavix) for at least 5 days before surgery.
3. Someone will need to drive you home after the surgery.
4. You may use an ice pack 3-5 times/day for swelling/pain. Make sure to protect your skin from direct contact with the ice (eg cloth).
5. You may remove dressings 2 days after surgery. You may get the shoulder wet in the shower 7 days after surgery. You may submerge the shoulder in a bath 14 days after surgery.
6. Contact the office (805-286-4416) if you are having trouble with pain control, vomiting, or fevers/chills.
7. You will have a brace on your arm after surgery. Starting the day of surgery, remove it at least 3 times/day for elbow motion and pendulums (lean forward, use your body to swing your arm in circles).

Following are guidelines for use of arm during first week (per procedure):

Decompression only

No restrictions. You may move the arm in all directions as comfort allows.

Rotator Cuff repair

Do NOT reach in front or to your side under your own strength for the first 4 weeks! Keep brace on except for therapy exercises/showering.

Biceps/Labrum repair

Keep in brace except for bathing or pendulum exercises. You may bend your elbow on your own with no more than a pen/pencil in hand for the first month!