

# DUKE ORTHOPAEDICS OF RALEIGH

## Shoulder Arthroscopy

### Appointment

Please call the office today to schedule an appointment for 2 weeks from the date of your surgery.

### Medications

A prescription for pain medication will be given to you at the time of discharge from the hospital. Refills will not be given over the phone on weekends or after office hours.

### Wound care

1. Remove the large dressing 2 days after the operation and cover the wound with *Band-Aids*. Many dressings become saturated with bloody fluid. Do **NOT** become alarmed, simply reinforce the dressing with a diaper or gauze pads.
2. Bathing and showering are allowed after the wounds have been dry for 24 hours. New *Band-Aids* should be reapplied after the shower.
3. If any redness, increased swelling, pus-like drainage, or increasing pain develops. Please call the office.
4. After the sutures have been removed, the wounds will be very sensitive to the touch. The wounds can be desensitized by rubbing them in a circular motion with a hand lotion like *Palmer's* contains vitamin E and cocoa butter. This wound program will make for softer and more comfortable scars.

### Physical therapy

1. The sling is on for your comfort only. It can be removed as soon as pain allows.
2. PT should be started immediately after your surgery. A prescription will be given to you at the hospital. You should attend therapy two to three times per week at a therapy location that is convenient for you.
3. If you should have any problem scheduling your therapy. Please call the office immediately.

No driving until you have good function of your arm.

Call the office with any problems or questions

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