



Post-Operative Instructions for Shoulder Arthroscopy: Rotator Cuff Repair, ASD, Labral Repair

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General Care

- Remove dressing on Post-operative Day (POD) 1
- Do not remove butterfly strips (“steri-strips”) from skin

Showering

- You may shower on POD 1
- Replace dressing only as needed with gauze dressing or band-aids

Sling Use – “Repair” (Rotator Cuff, Labrum)

- The sling should be on at all times you are in public or when you sleep
- You may come out of the sling 3x/daily to move elbow, wrist and fingers – do not move shoulder if repair was performed
- You can remove sling for showering, but then put back on afterwards
- Avoid using the (operative side) hand for ADL (activities of daily living)

Sling Use – No Repair (ASD, debridement, distal clavicle resection)

- You may discontinue using sling as soon as you are comfortable
- You may begin active range of motion (ROM) as soon as you are comfortable

Controlling discomfort after surgery

- Cryotherapy or ice
- Pain medication taken every 3 hours as needed
- Use of NSAIDs (advil) in combination with Narcotic pain meds
- Sleep with pillow under operative arm

Physical Therapy

- Your physician will guide your post-operative therapy dependent on your procedure – please discuss with your physician preoperatively

Post-Operative Office Visit

- Please make sure you know when your physician would like to see you post-operatively – your 1st post-op visit can usually be scheduled at the same time you schedule your operative date

Driving

- Not allowed while on narcotics or if sling is necessary



Post-Operative Instructions for Knee Arthroscopy: Meniscectomy, ACL Reconstruction

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General Care

- Remove dressing on Post-operative Day (POD) 1
- Do not remove butterfly strips (“steri-strips”) from skin

Showering

- You may shower on POD 1
- Replace dressing only as needed with gauze dressing or band-aids

Weight-Bearing

- Most procedures allow weight bearing as tolerated **EXCEPT** meniscal repair
– Please check with your doctor if you have any questions

Controlling discomfort after surgery

- Cryotherapy or ice
- Pain medication taken every 3-4 hours as needed
- Use of NSAIDs (advil) in combination with Narcotic pain meds
- Sleep with pillow under heel (ACL reconstruction)

Brace

- Routinely used in ACL reconstruction only (~4 weeks)
- Keep brace locked in full extension (straight) until directed otherwise

Crutches

- Usually only necessary for 1st few days after routine arthroscopy
- ACL reconstruction – typically necessary for ~2-3 weeks

Physical Therapy

- Your physician will guide your post-operative therapy dependent on your procedure – please discuss with your physician preoperatively

Post-Operative Office Visit

- Please make sure you know when your physician would like to see you post-operatively – your 1st post-op visit can usually be scheduled at the same time you schedule your operative date

Driving

- Not allowed while on narcotics or if brace is necessary