



Post-Operative Instructions for Shoulder Arthroscopy

Dr. Bushnell

☐ Rotator Cuff Repair, Biceps Tenotomy/Tenodesis, Bankart Repair

Do not actively raise your arm

You can use your other arm or have someone else move your arm to wash or get dressed

Use the sling (with or without pillow) until your follow-up appointment

You can take the sling off while sitting or walking short distances at home

You can shower on the 3rd day after surgery, do not submerge extremity for 2 weeks

Steri-strips can be removed 5 days after surgery

Your sutures are under the skin and will dissolve on their own

Do not put Neosporin or other ointment on the incision sites more than once daily

-Kinex Equipment

You can use the TENS unit and cold pack as often as wish

Do not use the CPM until you have been cleared to (usually 4-6 weeks after surgery)

☐ Subacromial Decompression, Biceps Tenotomy/Tenodesis

You can begin using your arm as soon as you are comfortable

Discontinue the sling by day 3

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Begin CPM _____ and progress as you are able

DVT/blood clot precaution

Use compression stockings for 2 weeks

Take 325mg(adult strength) aspirin 2 times per day for 2 weeks

Pain Medications

Call the clinic (706-236-6362) during office hours to request pain medication refills

Medication refills may take up to 24 hours to be approved

Per clinic policy- NO medication refills will be made after hours or on weekends

