

Surgery Information Sheet  
**Shoulder Arthroscopy**

**Pain and swelling:**

It is completely normal to experience some postoperative pain and discomfort. The severity of the pain depends on the extent of the surgery and your individual pain tolerance.

1. You may have a pain medication delivery catheter placed in your shoulder which will help reduce your pain. This system is designed to automatically dispense a localized pain medication over a 2-3 day period. You may have an appointment pre-arranged to have the catheter removed at my office, or you will remove it yourself 3 days after surgery.
2. It is normal to experience a fair amount of swelling in your shoulder immediately after surgery. We fill your shoulder with fluid during the surgery in order to perform the arthroscopy. It may take 24 hours or more for the fluid (and therefore, swelling) to dissipate. It is also normal to see bruising down your arm from the effects of the surgical procedure. If you develop a hot, red or excessively swollen shoulder or arm or if you experience a feeling of numbness or tingling after 48 hours, please contact the office.
3. It's easier to keep pain suppressed than it is to treat pain that is present. So take your pain medications as directed. Anti-inflammatories, such as Motrin or Naprosyn, may also help control pain and limit the amount of narcotics you will have to take. If you have nausea or vomiting it may be from the anesthesia, give it 24 hours to wear off. If it persists, please call the office.

**Bandage Care:**

1. Keep your dressing on for three days; if you have a pain catheter then your dressing can be changed at the time it is removed. Do not get it wet. You may shower but place plastic wrap over the dressing. After 3 days the bandage may be removed and Band-Aids may be placed over the surgical portals.
2. Place a bag of loose frozen peas or ice on your shoulder for 15 minutes every 2-3 hours for the first 4 days to help with pain control/inflammation. Do not place ice directly on the skin – use a cloth underneath.

**Activity:**

1. Wear your sling at all times. It may be removed for exercises, showering and dressing changes only.
2. Come out of the sling and exercise your shoulder and elbow daily. Bend your elbow back and forth several times. Also do “pendulum exercises”, where you straighten the arm and draw small circles at your side, 20 clockwise and 20 counter-clockwise hourly.

If you have any questions, please call my office at 541-472-0603.