

Dr. Milne

Post-operative instructions - Shoulder Arthroscopy

1. You will be given a prescription for pain medication. Vicodin/Lortab is to be taken every 6 hours as needed for pain control.
2. A soft bandage has been placed on your shoulder. This will absorb residual fluid that leaks from your shoulder. DO NOT REMOVE THE STERI-STRIPS. Keep bandage clean and dry the first 72 hours
3. You may **SHOWER 72 HOURS AFTER** surgery then pat the dressing dry.
4. Use the **CRYOCUFF (ICE WATER PAD)** on a full-time basis for 48-72 hours after surgery. After that time period use the cryocuff for 15-20 minutes after each exercise session.
5. You will be given a sling to use for
 - A. 2 weeks _____
 - B. 1-2 days _____after Arthroscopy **ONLY** surgery; unless otherwise instructed by physician during office visit.
6. If at any time during your recovery period you experience any of the following, please notify Dr. Milne's office immediately:
Temperature > 100 degrees
Redness or unrelieved pain at surgical site
Wound drainage that is yellow or green or excessive in amounts.
7. Notify office at 817-335-4316 to schedule a follow-up appointment to see Dr. Milne in 2 weeks.
8. For Prescription refills, please call office between 8:30-4:30, Monday through Friday.

These instructions will be reviewed with you and your caregiver on the day of the procedure and you will receive a hard copy for your records.