



Benjamin Sears, MD

Discharge Instructions - Arthroscopic Shoulder Repair

- A sling has been provided for you. Remain in your sling at all times. This includes sleeping in your sling.
- Use ice or polar care on the shoulder intermittently during the first 2 weeks after surgery.
- Pain medicine has been prescribed for you. Use your medicine liberally over the first 48 hours, and then you should begin to taper your use. You may take Extra Strength Tylenol or Tylenol only in place of the pain pills. **DO NOT take ANY nonsteroidal anti-inflammatory pain medications: Advil, Motrin, Ibuprofen, Aleve, Naproxen, or Narprosyn.**
- You may shower, but don't remove your dressing before 5 days as the incisions CANNOT get wet during this time frame. After 5 days, you may remove the dressing. You will have small, white stickers called steri strips on the incisions that should stay on until they start to peel off on their own (usually in 2 weeks from surgery). Simply allow the water to wash over the steri strips and then pat dry, they can get wet. Make sure your axilla (armpit) is completely dry after showering. If the incision sites are still moist after dressing removal, place a Band-Aid over the moist site(s). Change Band-Aids daily until dry.
- Take one adult aspirin (325 mg) daily for 2 weeks after surgery, unless you have an aspirin sensitivity/ allergy or asthma.
- You should not drive while taking narcotic medications or while wearing/requiring a sling.

Please call 303-321-1333 for any problems, including the following:

- excessive redness of the incisions
- drainage for more than 4 days
- fever greater than 101.5 F

Please call 303-321-1333 to make a follow-up appointment if one has not already been made. You should see the doctor **10-14** days after your surgery.