

SHOULDER ARTHROSCOPY PATIENT INFORMATION

DISCHARGE INSTRUCTIONS

- The shoulder sling is required for 6 weeks / for your comfort as necessary.
- You are / are not allowed to do activities where you are lifting your arm without support
- Please organize an appointment with your physiotherapist prior to surgery to discuss post-operative management (Range of motion exercises). You should commence physiotherapy 3-4 days after surgery.
- Passive range of motion exercises up to shoulder height for the first 6 weeks, then progress to active full range of motion exercises. Strengthening exercises commence after 3 months.
- You will be prescribed Panadol (Paracetamol) and Celebrex (a non-steroidal anti-inflammatory) post operatively.
- Endone (a narcotic pain reliever) may also be prescribed- use this only if the other pain medication is not strong enough. A Norspan patch may occasionally be applied for analgesia in hospital.
- Please ensure Mr. Spencer is aware of any allergies and medications you are taking.
- For the 24 hours following surgery, do not operate heavy machinery, engage in sports, heavy work or lifting, conduct responsible business, sign documents or engage in any task that requires a good deal of skill, co-ordination or judgment.
- Driving is not permitted until advised by Mr Spencer.
- Please discuss return to work requirements. Time required off work will depend on your individual circumstances.



- Remove the bulky outer dressing the day after surgery. Leave the underlying plastic waterproof dressings intact.
- A review appointment will be given to you on discharge from hospital.

