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## **SHOULDER ARTHROSCOPY PATIENT INFORMATION**

### **OPERATIVE FINDINGS & PROCEDURE:**

Torn rotator cuff:

Biceps tendon

Articular cartilage damage

Arthritis AC joint/shoulder joint

### **DISCHARGE INSTRUCTIONS**

- The sling is useful, but not necessary. In bed it is more comfortable to have a pillow under the elbow. You are allowed to do movements with your elbow by your side, e.g. reading a newspaper. You are not allowed to do activities where you are lifting your arm.
- It is normal to require Panadol, and anti-inflammatory tablets and if necessary, Tramal tablets. Under some circumstances, we may use a Norspan patch. If the patch makes you too light headed remove the patch, otherwise leave it on until your review appointment.
- Do not drive for 4 weeks, or as directed by your surgeon. 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, coordination or judgement for the remainder of the day.
- Remove outer dressings tomorrow, but leave the underlying plastic dressings until reviewed by your surgeon. They can be replaced if necessary however.
- You should commence physiotherapy within a few days, ie if the surgery was Wednesday, physiotherapy Friday. If surgery was Thursday, the physio could be on Monday. Please advise my rooms of your appointment details with the physiotherapist.