

Surgeon: Mr Scott Mason
Contact: 03 5332 2969

SHOULDER ARTHROSCOPY PATIENT INFORMATION

- 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.
- 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 Mobic (a non-steroidal anti-inflammatory) post operatively.
- Tramal (a narcotic pain reliever) may also be prescribed- use this only if the other pain medication is not strong enough.
- Please ensure Mr. Mason 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 Mason.
- 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.