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**INSTRUCTIONS FOLLOWING SHOULDER ARTHROSCOPY
AND DECOMPRESSION**

SLING:

Wear your sling for 2 – 3 days after your surgery. You may use your arm as tolerated for activities of daily living once the sling is discontinued. Additionally, you should not carry anything heavier than a pencil in your hand, the first two (2) days.

DRESSING and SHOWERING:

You may remove all cotton and yellow gauze 48 hours after your surgery. Do not pull off the white strips covering your wounds. If they fall off in the shower, that is fine, simply place Band-Aid on your wounds instead. You may also shower 48 hours after surgery. Please use **CAUTION!!!** Be careful not to slip and fall. The effects of anesthesia and/or medication may make you drowsy or light-headed. Do not soak in bathtub, hot tub or pool until the doctor tell you it is O.K. to do so. Once you are finished showering, pat the wound dry and apply a Band-Aid to the stitches if the white strips fell off. The sling may be removed for showering.

COMMON CONCERNS:

Bruising swelling and oozing is normal. Please call us if you have a fever greater than 101.3°.

ICE:

You can ice the shoulder to reduce swelling and discomfort. Do not ice the shoulder more than 20 minutes at a time. Let the shoulder warm up before re-application. Avoid getting your wound wet. NEVER apply ice on bare skin.

PHYSICAL THERAPY:

Physical therapy is to begin 2 – 3 days after your surgery date. Please make an appointment prior to surgery. Physical therapy IS offered at our Manhattan location, however, if you need us to recommend a different facility, please call our office.

FOLLOW-UP VISIT:

You need to see the doctor about 7 – 10 days following surgery for your first post-op visit. Please call the office to schedule this appointment as soon as possible.

We hope you have a pleasant recovery.