



Laura Sciaroni MD  
Orthopedic Surgery and Sports Medicine  
[www.drsciaroni.com](http://www.drsciaroni.com)

## POSTOPERATIVE ARTHROSCOPY GENERAL INSTRUCTIONS

Call to make a postoperative appointment dated 8-10 days after your surgery.

Some drainage on your bandages is normal. This is the result of arthroscopy fluid that can continue to leak for a few days after surgery.

You will have local anesthetic placed into your shoulder at the time of surgery. This will wear off within a few hours. Have your pain medication prescription filled so that you may begin taking it when you become uncomfortable.

You may put ice packs on your operative area up to 20 minutes per hour for pain and swelling control, or use a cold therapy unit.

You may remove all your bandages and shower after 4 days, pat dry and cover your incisions with band-aids afterward. You should avoid soaking in a tub or swimming until your doctor tells you that you may.

Do not exercise or participate in sports until cleared by your doctor to do so.

If you develop fevers, severe pain not controlled by prescribed medication, drainage that persists after you remove your bandages, or any other concerns, notify your doctor.

**\*\*You will receive postoperative instructions specific to your surgical procedure in the surgery packet that my scheduler, Esmerelda, will prepare for you. Please refer to these for specific instructions on activity and postoperative exercises. If you have questions, please call.\*\***