

POST OPERATIVE INSTRUCTIONS

Post op Instructions Shoulder Arthroscopy

- Remove dressing 3 days after surgery, can shower and get wound wet, but must keep wound dry afterwards, leave steri-strips on
- Take off sling the day after surgery and gently start to move arm
- No heavy lifting, but can pick up light objects
- Take pain medication as needed
- Ice machine 3 times a day, CPM 2 times a day
- No driving
- Schedule an appointment to be seen by Orthopedic Surgeon 1-2 weeks after surgery

Post op Instructions Shoulder Repair

- Remove dressing 3 days after surgery, can shower and get wound wet, but must keep wound dry afterwards, leave steri-strips on
- Do not take sling off--Remove only to shower and sleep
- Non-weight bearing of the shoulder (no lifting)
- Ice only 3 times a day, no CPM
- Take pain medication as needed
- No driving
- Schedule an appointment to be seen by Orthopedic Surgeon 1-2 weeks after surgery

Post op Instructions Knee Arthroscopy

- Remove dressing 3 days after surgery, can shower and get wound wet, but must keep wound dry afterwards, leave steri-strips on
- Weight bearing (amount of weight) as tolerated with a cane
- Ice & elevation 3 times a day, CPM 2 times a day
- Take pain medication as needed
- No driving
- Schedule an appointment to be seen by Orthopedic Surgeon 1-2 weeks after surgery

Post op Instructions ACL Reconstruction/Meniscal repair

- Remove dressing 3 days after surgery, can shower and get wound wet, but must keep wound dry afterwards, leave steri-strips on
- Knee brace must remain locked in extension, can take it off to shower
- No knee bending
- Ice and elevation only 3 times a day, no CPM
- Take pain medication as needed
- No driving
- Schedule an appointment to be seen by Orthopedic Surgeon 1-2 weeks after surgery