**Wound Care Plan post shoulder arthroscopy:**

Avenue 2745506H

Glenferrie Pvt 2745504J

Holmesglen 274550HH

Monash house 274550JW

Mulgrave private 274550KF

Peninsula Pvt 274550FJ

SJOG Berwick 274550GX

SJOG Frankston 274550LT

* Debulk (remove) outer dressing after 24 hours.
* Use the sling while ambulant, rest elbow/shoulder on a pillow while resting.
* Ice the shoulder every 2 hours for 10-15 minutes, till the swelling goes. Remember that ice works upto 6 weeks after surgery.
* You can use anti-inflammatories in the immediate post op period (first 2-3 weeks), to get the swelling down, unless specifically advised not to.

* If the inner sterile dressings (waterproof) get loose or wet (or both!), you can change them yourself with some padded tegaderm or padded opsite dressings from the Chemist.
* If you have any concerns, check with your GP first but don’t hesitate to contact the rooms – (03) 85940399 or reception@eastcoastortho.com.au