**You are recovering from arthroscopic shoulder surgery. The following information is to help make your recovery as smooth and rapid as possible.**

* Keep your dressing on for three days. Do not get it wet. You may shower by wrapping plastic wrap over your shoulder dressing. After 3 days, the bandages may be removed and the wounds covered with clean dressings. Keep the wounds dry until your first visit after surgery.
* Post-operative bleeding is not unusual. Reinforce your dressing as needed. If you have concerns about the amount of bleeding, please call the office.
* Your sling is for comfort only. Use it if you wish. Do not lift more than 5 pounds, or repetitively use your arm i.e. paint a wall, use a computer.
* Use your cold therapy unit, if you have one, as directed until you are seen in the office. Wear it over your clothing, regularly for 2 days. Change the water every 4 hours while awake.
* You have received an exercise page with pictures and instructions on exercises that you may begin now. Initially you should perform range of shoulder range of motion exercises. Performing these lying on your back is usually easiest. Normal range of motion, without pain, is the goal of your first post-op visit. There is no limit to the amount of these exercises you may do. Stop any exercise that causes sharp pain.
* Post-operative pain should be controlled by the prescriptions given to you.
* You will be seen in the office within the week for follow-up. Please call our office listed below if you have any questions or concerns.ww