

## SHOULDER ARTHROSCOPY

### Post-Operative Instructions

#### **FOLLOW-UP**

- Please call the office to schedule a follow-up appointment with Dr. Abbasi for your suture removal 7-10 days post-operatively.
- During your first post-operative visit, Dr. Abbasi will go over your surgery and outline your specific rehabilitation.

#### **OPERATIVE SITE**

- KEEP THE DRESSING CLEAN, DRY, AND INTACT UNTIL YOUR FOLLOWUP APPOINTMENT.
- If you develop a fever (101.5°), redness or excessive drainage from the surgical incision site, please call our office to arrange for an evaluation.

#### **MEDICATIONS**

- Enclosed are the following prescriptions for you to use post-operatively:
  - Percocet, a strong narcotic, is to be used only on an “as needed” basis for pain in addition to anti-inflammatories.
- If you have any adverse effects with the medications, please call our office.

#### **EXERCISES**

- Keep your arm in splint or immobilized until instructed.