



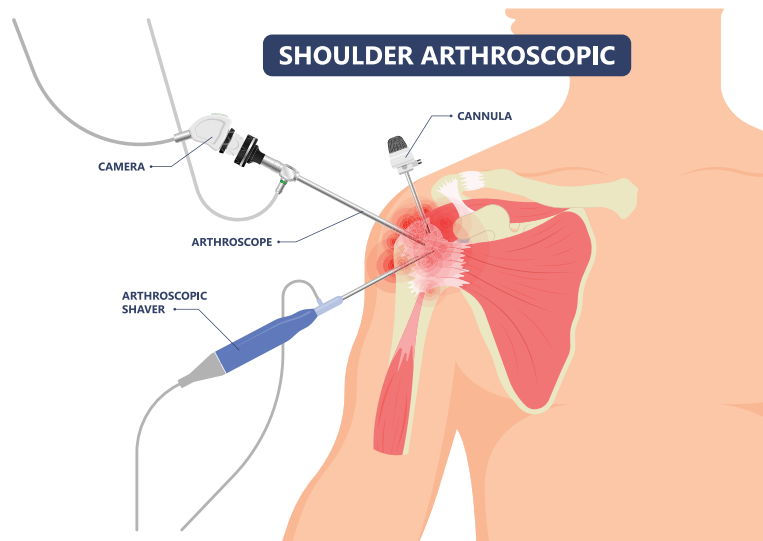
DISCHARGE INSTRUCTION POST SHOULDER ARTHROSCOPY

Aster
HOSPITAL

We'll Treat You Well



Digital Version



Shoulder arthroscopy is a minimally invasive surgical procedure, which provides the physician with a clear interior view of the shoulder joint. This can help with the diagnosis and treatment of disorders of the shoulder.

GO TO THE NEAREST ER IF YOU HAVE ANY OF THE FOLLOWING

- Chest pain
- Shortness of breath

CALL THE HOSPITAL ON PHONE NUMBER IF YOU EXPERIENCE THE FOLLOWING

- Increasing shoulder pain or pain not relieved by medicine
- Pain or swelling in the arm on the side of your surgery
- Numbness, tingling, or blue-gray color of your arm or fingers on the side of your surgery
- Drainage or oozing, redness, or warmth at the incision
- Fever above 100.4°F (38°C)
- Nausea or vomiting

GENERAL INSTRUCTIONS:

- You may need help taking care of yourself when you first go home. Plan for a spouse, friend, or neighbor to help you.
- Do not lift heavy objects over 5kgs after surgery, avoid climbing ladders.
- A sling has been provided for your comfort. Use the sling only as long as it is necessary and then discard it unless otherwise advised by your doctor. IF YOU HAVE HAD A ROTATOR CUFF REPAIR, OR STABILIZATION OF FRACTURE DO NOT DISCONTINUE THE USE OF THE SLING UNTIL DIRECTED BY YOUR DOCTOR.



- Don't soak in a bathtub, hot tub, or pool until your healthcare provider says it's OK.

- Your first post-operative appointment will usually be within a week following your surgery. The findings at surgery, long-term prognosis, and plans for rehabilitation will be discussed at this appointment.

ACTIVITY

- Shoulder exercise Range-of-Motion —As discussed and advised by your doctor and Physiotherapist.
- Daily Activities - Use your shoulder and arm in activities of daily living as your level of comfort permits.
- Athletic Activities - Athletic activities, such as swimming, bicycling, jogging, running and sports, should be avoided until allowed by your doctor after your first follow-up visit.
- Return to Work - Return to work as soon as possible. Plans for returning to work depend on the nature of your job, as well as your general health and recovery. Discuss this with your doctor.

WOUND CARE

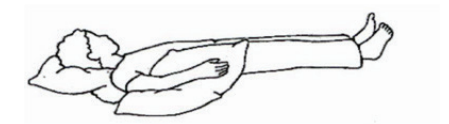
- You will go home with a dressing, keep the dressing clean and dry, DO NOT remove them until your doctor says it is ok
- Check your incision daily for redness, tenderness, or drainage (Yellowish or bloody).
- Carefully wash your incision with soap and water. Gently pat it dry. Don't rub the incision, or apply any creams or lotions to it.

PAIN

- Your shoulder will be swollen and somewhat uncomfortable for 24-48 hours after your operation. This is normal and partly due to the fact that some fluid

is injected into the shoulder during the procedure.

- Pain medication often causes drowsiness and we advise that you do not drive, operate machinery, or make important decisions while taking medication
- Take your pain medicine when you start having pain, so the pain doesn't get too bad.
- Apply covered ice packs over the shoulder for 10-20 minutes every 2-3 hours as needed to reduce swelling and pain. (Do not put ice in direct contact with the skin.)
- If you have swelling in your arm or hand, we recommend elevating the arm on pillows. Pump the hand (opening and closing your hand repeatedly) 3 times a day until the swelling goes away. This is best done when lying down.





PLEASE SCAN FOR
THE LOCATION

Aster HOSPITAL

We'll Treat You Well

Mankhool, Kuwait Road, Al Mankhool - Dubai

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