

Post-Op Instructions Shoulder Arthroscopy



- **Ice Shoulder 20 minutes every 1 hour for first 48 hours after surgery.**
- **Begin Pendulum Exercises the Day after surgery.**
- **It is OK to shower with the bandage covered.**
- **Change Dressing if it becomes saturated, or at 4 days after surgery.**
- **Monitor for fever or redness around portal sites.**
- **Resume regular diet slowly.**
- **Keep sling in place except for bathing & changing clothes.**
- **No lifting with the arm.**
- **Call if Temperature >101.5°**

Phone Numbers
Hayward; 675-3070
Fremont; 248-3039

[Orthopedics]

[Hayward-Fremont GSAA]

KAISER PERMANENTE

HEALTH MATTERS

CONTINUED

Additional resources

Web sites

Kaiser Permanente
kaiserpermanente.org

WomenHeart: the National Coalition
for Women with Heart Disease
womenheart.org

American Heart Association
women.americanheart.org

National Heart, Lung, and Blood
Institute (NHLBI)
nhlbi.nih.gov

Books

*Kaiser Permanente Menopause
Guide Book*

*Kaiser Permanente
Healthwise® Handbook*

*The American Heart Association
Cookbook—25th Anniversary Edition*

The 90-Day Fitness Walking Program
Mark Fenton, Seth Bauer

*The No-Nag, No-Guilt, No Hassle
Guide to Quitting Smoking*
Tom Ferguson, MD