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## **POST OPERATIVE INFORMATION: SHOULDER ARTHROSCOPY**

After your shoulder arthroscopy, you will have a bulky dressing around your shoulder and your arm in a sling.

During the operation, fluid is pumped into the shoulder joint and some of this fluid often remains after the operation resulting in some swelling of the shoulder. This is normal.

The bulky dressing will help control some of this swelling. Please leave it on for 3 days, after which you can remove it.

Underneath the dressing will be 2 or 3 small dressings covering the incisions made to enter the shoulder. There will usually not be any stitches under the dressings. These dressings are waterproof and should be left on until you see Mr Thai at your first post operative visit. If they do fall off, please see your local doctor to get them replaced.

Please keep your arm in the sling and only use it to do things below shoulder level for the first 2 weeks until the wounds have healed. Avoid doing any heavy lifting, no more than a 1 litre carton of milk. When you see Mr Thai in 2 – 3 weeks, you will be advised on what you can do, depending on what was done at the operation. You may be referred to a physiotherapist to help with getting the shoulder moving.

You will also be provided with a prescription for some pain relief after your operation. Take this only when necessary.

If you experience increased swelling of the shoulder, or the shoulder becomes red, hot and sore, please seek urgent medical attention to your local doctor or nearest emergency department.

An appointment will be made for you to see Mr Thai around 2 to 3 weeks after your operation.

