








Austin Stone MD PhD

Post Operative Instructions: Shoulder Arthroscopy with Stabilization

	Sling	Remain in sling and no weightbearing May remove for shower May remove for elbow range of motion and shoulder pendulum Sleep in sling
	Dressing and Incisions	Keep incisions clean and dry until sutures are out May remove dressing on Day 2 after surgery (earlier if it gets wet) Incisions should be covered and dry before showering Do not get the incisions wet
	Medications	Pain medication is prescribed day of surgery Take Aspirin 81 mg daily for 2 weeks to prevent blood clots unless directed otherwise Ibuprofen 800 mg, three times daily recommended unless directed otherwise Stool softeners like docusate (Colace) are recommended Stay hydrated and drink water
	Contact	Dr. Stone's office at 859-218-3131 (during hours) or 859-323-5321 (after hours/weekends)
	Contact Dr. Stone's office at 859-218-3131 (during hours) or 859-323-5321 (after hours/weekends)	If you experience: <ul style="list-style-type: none">• Painful swelling or numbness (some swelling and numbness is normal)• Unrelenting pain or calf pain• Fever over 101.5° F (a low-grade fever <100° for the first day or two following surgery is normal)• Redness around incisions• Continuous drainage or bleeding from incision (a small amount of drainage is expected)• Difficulty breathing• Excessive nausea/vomiting May also go to Emergency Department
	Follow-up Appointment	Return at 5-7 days for post op appointment
	Physical Therapy	Therapy will be prescribed after being seen in the office. Pendulum exercises and elbow range of motion. Protocol available at austinstonemd.com