



Columbia University
Shoulder, Elbow and Sports
Medicine Service

POST-OPERATIVE INSTRUCTIONS

ARTHROSCOPIC SHOULDER STABILIZATION

Louis U. Bigliani, MD

Office (212) 305-5564

Fax (212) 305-0999

Christopher S. Ahmad, MD

Office (212) 305-5561

Fax (212) 305-4040

William N. Levine, MD

Office (212) 305-0762

Fax (212) 305-4040

Edwin R. Cadet, MD

Office (212) 305-4626

Fax (212) 305-4040

Charles M. Jobin, MD

Office (212) 305-6445

Fax (212) 305-4040

Appointment Scheduling

(212) 305-4565

Mailing Address:

622 West 168th Street, PH-11

New York, NY 10032

Office Locations:

16 East 60th Street

New York, NY 10022

161 Ft. Washington Ave.

New York, NY 10032

500 Grand Avenue

Englewood, NJ 07631

DAY OF SURGERY:

- 1) Use the sling at all times except when doing the prescribed postoperative exercises.
- 2) Avoid resting on the arm and do not lift anything with the involved shoulder.
- 3) It is helpful to sleep with pillows propping you up and with a pillow behind your shoulder.
- 4) Take the pain medication as prescribed.

DAY 1:

- 1) You may remove the bandage and gauze from your shoulder. Apply band-aids to the wounds. The bandages may be wet to the touch. This is normal as the shoulder is filled with water during surgery and it may leak out for 24 to 36 hours after the surgery. While showering, keep the arm protected against your side.
- 2) Keep your bandages and wounds dry. Do not shower until 24 hours after your surgery. If the wounds do get wet, remove the band-aids, pat dry and reapply fresh band-aids.
- 3) Ice should be applied as much as you can during the first 24-48 hours.
- 4) Do not do any shoulder exercises.

DAY 2-3:

- 1) Continue use of ice as previously outlined.
- 2) Continue shower precautions as previously outlined.
- 3) Continue use of the recommended exercises.

Please call the office in the first day or two after surgery to schedule a post-operative visit. Your appointment should be **7-10 days after surgery**. If at any time there are any signs of infection (**increased swelling, redness, drainage from the incisions, warmth, fever, chills, or severe pain unrelieved by prescribed medications**) or if you have any questions or concerns, contact us at the office.