

## **Comprehensive Care Orthopedics – Kirk R. Davis, D.O.**

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### **Post OP Care – Shoulder Arthroscopy**

- Your sling should be worn for the first 3-5 days after discharge. The sling is intended for comfort only and may be removed for exercise.
- Apply an ice bag to the shoulder 4 times a day for 20 minutes each time. Cover the ice bag with a cloth to keep bandages dry and prevent frostbite.
- There may be a softball sized bloody spot on your dressing due to fluid used during the surgery. 48 hours after the surgery, remove the bandages and clear plastic square from around the pain pump site. Remove the pain pump tube by simply pulling on the tubing. Contact the office with any difficulties doing this. The pain pump site may drain for an additional 8 hours. Place a Gauze pad over the site. Clean the incision area with Peroxide, cover incision with Band-Aids.
- Three days after surgery you may shower. DO NOT soak in bathtub, hot tub or swimming pool.
- Most patients find it more comfortable to sleep in a recliner type chair with the arm in a sling and pillow underneath the elbow for the first several weeks.
- Fill pain medication prescription immediately; take this with food to help prevent nausea. Drink plenty of clear liquids.
- Call the office at (419) 473-9500 the day of the surgery or the day after to confirm your post op appointment. Your appointment should be 5-10 days after the day of surgery.
- Begin exercises the day of surgery. Consult the exercise sheet. Start physical therapy as instructed.

<p><b>NOTIFY THE OFFICE IF YOU HAVE ANY OF THE FOLLOWING:</b> <b>Increased redness or swelling over the incision area</b> <b>Severe calf pain</b> <b>Incision area is warm or hot to the touch</b> <b>Incision area is foul smelling or has drainage with color</b> <b>Relentless pain, nausea, vomiting, bleeding or drainage.</b></p>
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**For additional questions, please call the office at  
(419) 473-9500 and speak with Melissa, Kathy or Nancy.**