



**George Ackerman, MD**  
**Shoulder Arthroscopy Post Operative Instructions**

**Pain Medication**

- Most patients find Tylenol (1000mg) and/or Advil (600mg) effective for pain control.
- A pain medication prescription has been sent to your pharmacy and can be used if needed.

**Ice**

- You may use ice to reduce swelling and discomfort. Apply for 20 mins per hour as needed.
- If you are using a cryotherapy machine, you may use it as directed (machine has a timer).

**Dressing**

- Keep the dressing dry and remove bandage 48 hours after surgery.
- Place band-aids over the incisions.

**Showering**

- You may shower 48 hours after surgery.
- Please use caution! Be careful not to slip and fall. The effects of anesthesia and/or medication may make you drowsy or light-headed.
- Do not soak in a bathtub, hot tub, or pool until the sutures are removed.
- Once you are done showering, pat the incisions dry and apply band-aids.

**Sling**

- Wear your sling for the first 1-3 days following surgery. You may use your arm as tolerated for activities of daily living once the sling is discontinued.
- You should avoid overhead activities with your shoulder and should not carry anything heavier than a phone in your hand.

**Physical Therapy**

- Please start PT within 1-3 days of surgery.
- Contact our office if you have not received a prescription or need assistance.

**Follow-up Appointment**

- Please follow up with Dr. Ackerman 1 week after surgery.
- Call the office to set up the appointment if you do not already have one scheduled.

**Common Concerns**

- Bruising and/or swelling of the shoulder, arm, and hand are common after surgery. To relieve this discomfort, it is best to ice the shoulder.
- You may drive when you feel safe doing so (generally after 3-5 days). Do not drive while taking pain medication. Please practice first in a safe environment.

**Please call if:**

- If have discomfort, swelling, or redness in the calf
- Any oozing or redness of the wound, fever (greater than 101.3° F), or chills
- Any difficulty breathing or heaviness in the chest

**These are only general guidelines for what to expect after Arthroscopic Shoulder Surgery. Please do not hesitate to call the office (516) 243-8506 or send Dr. Ackerman a message on the Patient Portal if you have any questions or concerns.**