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Initial Arthroscopic Postoperative Shoulder Care:

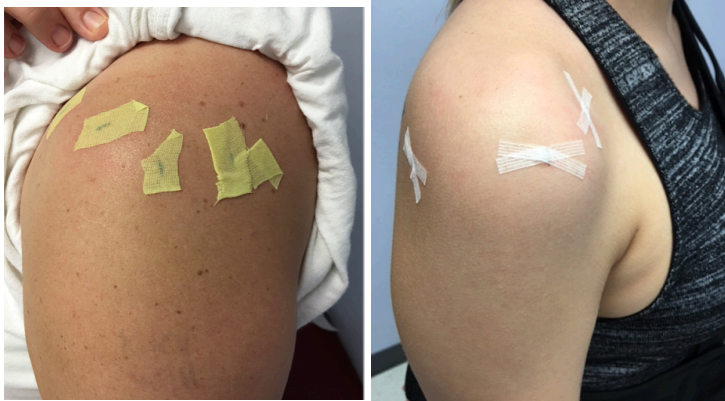
- Videos are available on Dr. Witty's website.

Wound Care and Dressing Change:

- Typically you will have a white gauze and tape bandage over the shoulder
- Underneath the tape will be white gauze

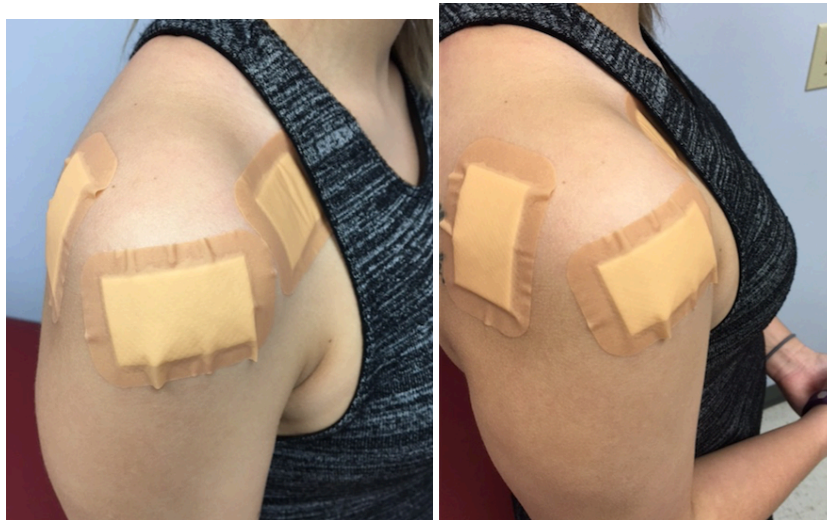


- Under the white gauze will typically be smaller yellow gauze over the actual incisions. You have have "steri -strips" which are tape like adhesives as well



- You can remove the dressing after two days. The steri-strips will usually start to fall off after about a week and you can peel them off at that time. It is ok if they fall off before then.
- Replace dressings over the individual incisions once a day until there is no spotting or drainage noted on the gauze for a 24hr period. Once that is the case, the wounds may be left open to air.

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- Once the wounds have been dry for 24 hrs, you may shower. Do not bathe until cleared by the doctor.

Abduction Sling Application:

- Many patients have question about how to replace the sling without any assistance
- Set up the pillow and sling on a surface (table, bed, or similar).
- Make sure the sling is stuck to the pillow by the velcro
- Make sure the Velcro or clip fasteners that close the top part of the sling are open
- While protecting the injured shoulder with the opposite arm, lower the injured arm into the sling on the table or other surface
- You can now reach around your body as needed to fasten the straps

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Step 1:

Place sling and pillow on surface at least at hip height and stand next to it. The sling should be open so you can lower the forearm into the support.



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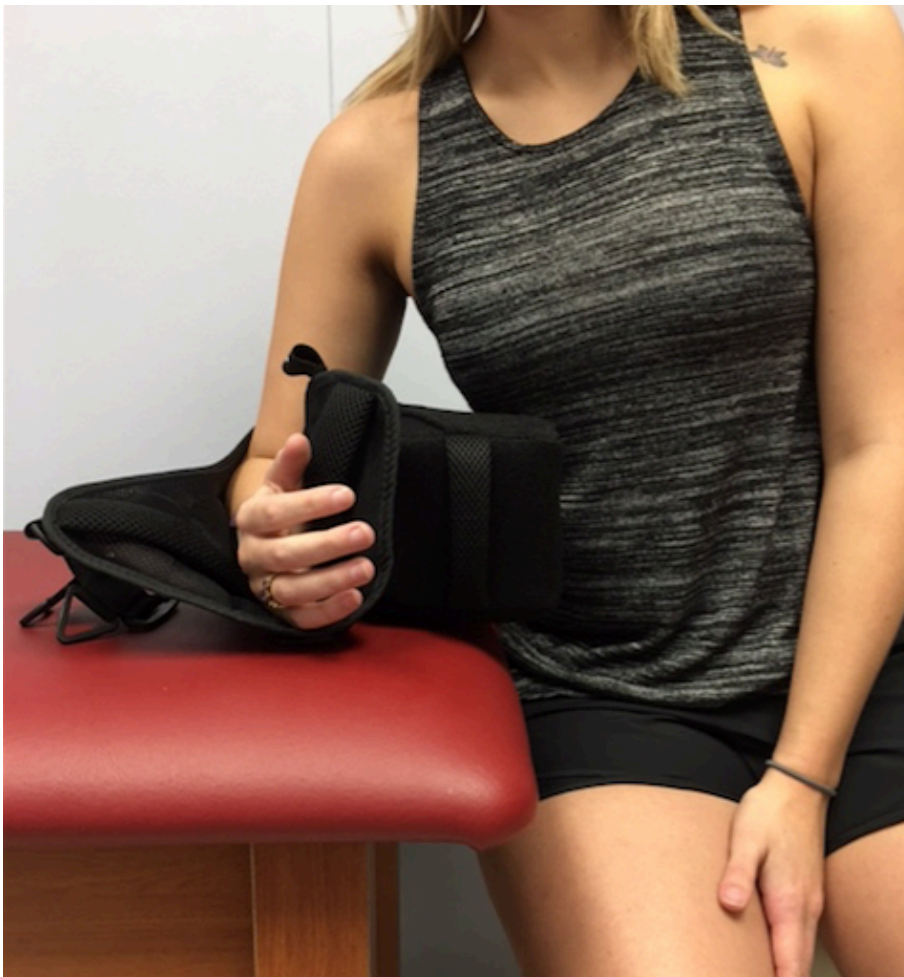
Step 2:
Lean over toward the sling while supporting injured arm with the opposite arm.



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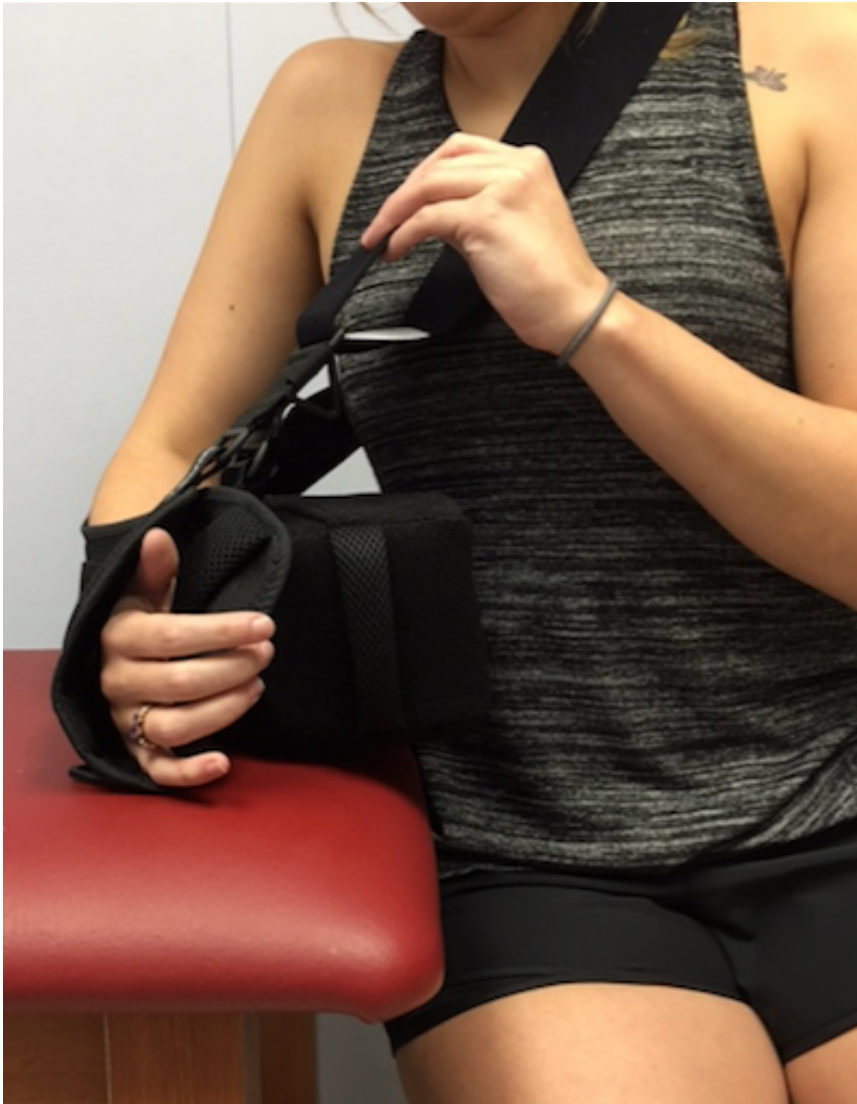
Step 3:
Lower the arm into the sling.



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Step 4:
Secure the strap for the forearm support and the strap around the neck.



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Step 5:
Reach around back and grab the strap to secure pillow and pass it around to the front.



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Step 6:
Clip the final strap to the appropriate location on your individual sling.



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Showering:

- It is often helpful to use a shower chair to protect the arm/shoulder and simplify showering.
- Unstrap the sling and gently let the arm drop to the side of the body.



- - Once sling and pillow are off, lean toward the same side as the injured shoulder to create a space to get to the armpit.

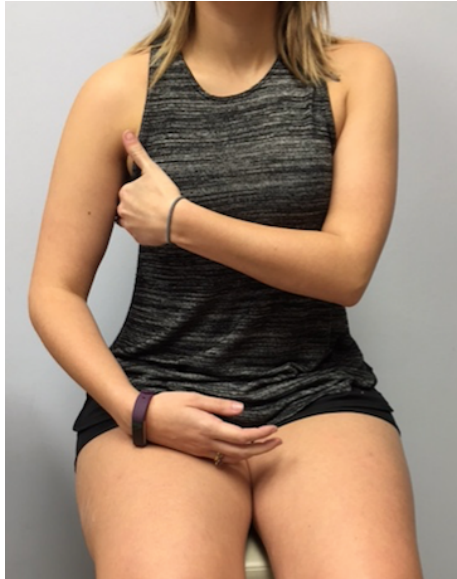


- - Use the non-injured arm for washing and drying.
- Reapply the sling and pillow as described above.

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- Note: This can also be done in a seated position. Lean toward side as needed to access underneath the arm for bathing.
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Cryotherapy (Icing):

- 1) Ice (cryotherapy) can be applied to the shoulder immediately after surgery to help with postoperative pain and swelling. In fact, some studies show that ice treatment is as beneficial as pain medication. Commercial cooler type devices attached to a cuff that wraps on the shoulder are helpful, but icing can be performed using standard ice packs.
- 2) Place a small hand towel (or similar) to the shoulder and then place the pack/device on top. This will help prevent the dressing from getting wet from condensation. It will also help from the skin frostbite especially with a nerve block. It may be difficult to feel the ice with the initial post-surgical dressing in place due to its thickness.
- 3) Apply the pack for 24 hours a day for 3 days to help minimize pain and swelling after surgery. After 3 days, try to apply the ice pack for about 30 minutes to an hour when you experience pain. It is common to use the ice packs for the first few months after surgery when the shoulder gets sore, especially after therapy.

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