

**CONTACT YOUR DOCTOR IMMEDIATELY  
OR GO TO EMERGENCY IF THE  
FOLLOWING OCCUR:**

- Numbness
- Coolness
- Change in colour of skin
- Severe pain or bleeding
- Red streaks appear on the operative arm
- Fever
- Drainage from wound

# DISCHARGE INSTRUCTIONS

## SHOULDER ARTHROSCOPY

**Langley Memorial Hospital**  
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**Langley Memorial Hospital**  
Surgical Services



## Description of Procedure

Shoulder Arthroscopy is a type of surgery that uses a small telescope inserted through a small incision to examine or repair the tissues inside or around your shoulder joint.

The surgeon will look around the entire joint to check the cartilage, tendons, and ligaments of the shoulder. Damaged tissues may be repaired at this time, depending on the reason for the arthroscopy.

## Discharge Instructions

- Your shoulder incisions will be covered with a dressing. Do not get the dressing wet until permitted by your surgeon
- Use cold (ice) packs for 15-20 minute duration to help reduce pain and swelling
- Take medication for pain as directed by your surgeon
- You will need a sling or shoulder immobilizer, which may be purchased through the hospital
- Physiotherapy and exercise should be started only in consultation with your surgeon.
- Don't push, pull, lift or carry heavy objects while your shoulder heals. Avoid long periods of reaching overhead
- Do not read or watch TV propped up on elbow of surgical shoulder. Keep elbow on pillows, away from chest
- Do not sleep on your injured shoulder
- Use your shoulder daily, even if it hurts a little, in order to prevent stiffness
- See your surgeon for follow-up as directed