

Recovering after Shoulder Arthroscopy (Debridement, Biceps Tenotomy, Decompression)

How do I control pain after surgery?

- For the first 24 hours after surgery, take your pain medication as prescribed. As your pain decreases, take your medication less often.
- Ice for the first 3-4 days fairly continuously. Ice after performing your exercises to help control pain and swelling. After the first 4 days use it:
 - Following your exercises or any type of effort
 - If the arm feels swollen or hot
 - To decrease pain
 - To help you sleep

Will I be in a sling after surgery?

- When you wake up you will be wearing a **Shoulder Immobilizer** sling. **If you are wearing sling with a pillow, disregard this information and speak to your surgeon regarding restrictions.**
 - Main purpose is for **comfort**.
 - Wear it whenever you are up and when you're sleeping
 - If you are sitting with your arm supported you may take it off**Wear clothing that is easy to get on for the drive home (button up/zip up).**

When do I start exercises after surgery?

- Begin the exercises 24-48 hours after surgery and do them consistently 3-4 times/day as instructed. You will be given an exercise sheet to follow until your initial physiotherapy appointment. These exercises are to prevent hand/wrist/elbow/neck stiffness while wearing your sling.

When can I drive after surgery?

- Please confirm with your surgeon when you are allowed to drive. Expect not to drive for a minimum of 2 weeks after surgery.

When can I return to work/sport after surgery?

- Return to work depends on your occupation. Your surgeon and physiotherapist can advise you on safe return to work.
- On average, patients return to sedentary **work** in 6 weeks and **sports** 4 to 9 months.

Will I need physiotherapy?

- Your surgeon will provide you with a referral for physiotherapy. Physiotherapy is recommended to guide your rehabilitation.
 - Strathroy Middlesex General Hospital: 519-246-5901
 - Four Counties Health Services (Newbury): 519-693-6501