



**ORTHOPEDIC
PARTNERS**
Formerly Norwich Orthopedic Group
EST. 1957

Ammar Anbari, MD
Shoulder, Hip and Knee
Arthroscopy and Reconstruction
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Shoulder Arthroscopy Instructions

Medications

Only take the pain medication that Dr. Anbari has prescribed for you. Your pain medication can make you nauseated so take it with food.

Ice machines and bags of ice

Ice your shoulder 4-5 times a day for 20 minutes at a time. We recommend that you do this at least for the first 3 days.

Follow-up appointment

Call today or tomorrow to schedule a follow up appointment for 10-14 days. During this visit you will have your sutures removed and receive your PT script.

Therapy

Dr. Anbari will decide based on your surgery when to start PT. You will receive your therapy script on your first follow-up appointment after surgery.

Slings and Braces

Please wear your sling or brace at all times until your follow up appointment with Dr. Anbari. Only remove your sling for PT, home exercises and bathing. To bathe under your surgical arm, lean forward from your waist and allow your arm to fall forward to wash under your arm. Do not lean to the side. You can put a washcloth under your arm for comfort if you choose.

Home Exercises 3 times a day

Take your arm out of your sling to perform the enclosed exercises as instructed (see diagram). Dr. Anbari will assign you only the shoulder exercises which will be safe to perform after your surgery. Make a fist 10-15 times each hour to help reduce swelling in your hand and arm.

Driving

Please do not drive for 4-6 weeks or as otherwise told by Dr. Anbari. You should not drive while you are still on narcotics (Vicodin, Oxycodone, etc).

Wound care

You can change your dressing in three (3) days. Remove the old bandage and you will see old blood and butterfly strips (Steri-strips). Leave the strips in place. DO NOT PUT any alcohol, lotions, or any other medications on your sutures. You can clean AROUND the area with a CLEAN washcloth and soap and water ONLY. Cover the area with a clean dressing (4X4) or waterproof band-aids from the drug store.

When to call the Doctor

If you have a fever above 101, chills, sweats, excessive bleeding (example: you have to change the dressing twice in one hour), foul odor, excessive redness, excruciating pain, yellow or green discharge, or if you think you have an infection call the office and ask to speak to Dr. Anbari or his triage nurse.