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## PATIENT INSTRUCTION SHEET

### Shoulder Arthroscopy with Debridment or Shaving

- Keep bandage and wounds clean and dry. You may bathe in a shower but keep water off of the shoulder and the bandage for the first 2 days.
- The bandage may be removed 2 days after surgery. You may bathe in a shower and use soap + water on the wounds. Remove dressings, allow water to shower wounds and blot dry. Cover wounds with bandaids when dry. **DO NOT** submerge wounds in bathtub, hot tub or swimming pool for 4 weeks. Do not submerge underwater.
- Wear sling for comfort. You may discontinue the use of a sling when you are comfortable.
- Apply ice bags as needed for pain.
- Physical therapy may be required following surgery. If so, Dr. McAllister will provide a prescription. Please contact one of the following to schedule an appointment:
  - Your own Physical Therapy
  - UCLA Physical Therapy (310) 794-1323
  - UCLA Student Health Physical Therapy (310) 794-4923
- Take prescribed pain medicine as needed for pain. You may switch to Tylenol a few days after surgery. **Do not take more than 3,000 mg of Tylenol per day.** DO NOT TAKE ANTI-INFLAMMORY MEDICATION (Advil, Motrin, Ibuprofen, etc.) for 1 month post-operatively.
- Your follow-up appointment will be in approximately 1 week. **PLEASE CALL TO SCHEDULE THIS APPOINTMENT.**
  - UCLA 100 Medical Plaza, Suite 755, Westwood (310) 206-5250
  - UCLA Student Health (310) 825-4073
  - UCLA Athletic Training Room. Contact your athletic trainer to schedule

If you develop severe pain, temperature greater than 101.5°, inability to move extremity, severe bleeding, numbness, wound drainage or redness, call your doctor's office immediately. After hours or on weekends, call the UCLA Page Operator at (310) 825-6301 and ask for the Orthopaedic Resident on call or come to the Emergency Room.