
Preparing
for
Shoulder Arthroscopy

Risks of Surgery

- Infection
- Bleeding
- Damage to nerves, arteries, veins
- Need for additional surgeries
- Stiffness or frozen shoulder
- Clotting
- Continued pain

Surgical Center

- Once your surgery is scheduled, the surgical center will contact you the day before and let you know when to arrive at the hospital.
 - If needed, please ask the representative for directions at that time.
- No eating or drinking after midnight the night before your surgery.

Physical Therapy

- It is your responsibility to have a physical therapy (PT) appointment scheduled after your first post-operative appointment (~10 days).
 - You should schedule this appointment in advance.
- We can offer a list PT of locations.

Medical Equipment

- You will be given a sling at your pre-operative visit.
- You may want to consider purchasing an ice machine (Polar Care).
 - This is not covered by insurance and costs \$250.
 - If you decide to buy this, please remember to bring the pad with you to the hospital so that it may be applied immediately after surgery.

School/Work

- Please let us know if you will be needing a note to excuse your absence from school or work.

Medications

- You will be given a prescription for narcotic pain medication on the day of your surgery.
 - Narcotics can constipate. Increase dietary fiber and take Colace 100mg twice daily (over the counter medication) while taking pain medications.

Billing Questions

- Please direct any questions regarding billing to 401.443.4111.