

**Dr. Pathik Shah**  
**Sports, Revision Sports and Regenerative Sports**  
**Orthopaedic Surgeon**  
DNB Ortho (Mumbai), MNAMS (New Delhi), MBBS  
AOSSM Sports Surgery Fellowship(California, USA),  
Fellowship in Joint and Trauma (Mumbai)  
Diploma in Football medicine (FIFA)

Place label here

NAME OF PATIENT: \_\_\_\_\_

MRN: \_\_\_\_\_

## **POST-OPERATIVE INSTRUCTIONS – ARTHROSCOPIC SHOULDER STABILIZATION**

### **WOUND CARE**

- Dr. Pathik Shah will change your dressing on day 2 before discharge.
- KEEP THE INCISIONS CLEAN AND DRY.
- A crepe wrap will be applied to help control swelling. Do not wrap the ACE too tight when reapplied.
- Use Ice as often as possible for the first 14 days, then as needed for pain relief. Place a dry towel between your skin/wound and the ice to avoid direct contact. We recommend using it for 20 minutes every hour as much as possible.
- You may shower on Post-Op Day #3. Gently pat the area dry. Do not soak the knee in water. Do not go swimming in the pool or ocean until approved by Dr. Pathik.

### **EXERCISES**

- Wear the sling at all times except when doing your exercises. You may remove the sling for showering, but keep the arm across the chest.
- Please perform the exercises described by Dr. Pathik Shah 2-3 times daily:
  - Elbow / Hand / Wrist Range of Motion Exercises
  - Grip Strengthening – opening and closing your fist with a soft ball

### **POST-OP**

- Your post-operative medications will be given to you at the time of discharge
- If you have any adverse effects with the medications, please call our office.
- If you develop a Fever (101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.

### **FOLLOW-UP**

- Please call the office to schedule a follow-up appointment for your suture removal, 14 days post-operatively.

**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL DR. PATHIK SHAH OFFICE**