



Guidelines following Shoulder Arthroscopy

We hope that your stay in our Day Surgery Unit has been comfortable and to your satisfaction. We hope that you will have a speedy recovery and that the following instructions will be of help.

Wound - You will need to keep your dressing/wound dry for seven days. It is important to rest the affected shoulder until the large dressing is removed in 48 hours. There are only normally paper stitches but we will advise you of this before you leave.

Mobilising – It is important to rest the shoulder for the first 48 hours. Any restrictions after this will be advised to you before you leave, as this can differ for each patient.

Driving - You are normally advised not to drive for one week; driving is only advised once you feel that you can control the car and the shoulder will allow you to turn the wheel in an emergency. Please note that it is illegal to drive if you do not have full control of the car and your insurance may be invalid if you did drive.

Follow up - We will tell you about any follow up before you leave. If you need an outpatient appointment we will request one for you and the date and time will be sent to you by post.

Stockings - If you have been given support stockings to wear it is important that you continue to wear them, day and night, until you are fully mobile (at least 24-48 hours). The stockings should be removed for a short time daily to wash the feet and legs. You may also hand wash the stockings but do not dry them by direct heat (radiator or tumble dryer).

Pain Relief - It is advisable to take the pain relief given to you even if the pain you are experiencing is bearable. This will keep the overall discomfort under control.

You were given the following pain relief while in Day Surgery

Paracetamol at

Codeine at

Ibuprofen at



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Instructions for patients who have had a general anaesthetic

Anaesthetic drugs remain in the body for 24 hours and gradually wear off over this time.

During the 24 hours following your anaesthetic, you are under the influence of drugs and it is important to follow these instructions:

- Do not drive a car or any other vehicle, including a bicycle.
- Do not operate machinery or appliances such as cookers or kettles.
- Do not drink any alcohol.
- Do not lock the bathroom or toilet door or make yourself inaccessible to the person looking after you.
- Drink plenty of fluids and eat a light diet, avoiding heavy or greasy foods.
- Take things easy for the day after your operation.
- Do not work with machinery or take strenuous exercise.
- Do not make important decisions or sign important documents for 24 hours after your anaesthetic.

Some people take longer to recover from the effects of an anaesthetic so these guidelines may continue to be followed for up to 48 hours, if necessary.

If there are any problems after you return home, please telephone your General Practitioner (GP) or out of hours GP service, or the Day Surgery Unit on 01793 604148 between 8.00am and 7.00pm, Monday to Fridays (excluding bank holidays).

After 7.00pm or at weekends please contact the Surgical Assessment Unit on 01793 604039.

If you have any suggestions on how we can improve our service, we would be happy to hear from you. Please write to:

Senior Sister
Day Surgery Unit
Great Western Hospital
Marlborough road
Swindon
SN3 6B

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

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