

GLENELG
ORTHOPAEDICS



Post Op Information

Arthroscopic Stabilisation

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1. A sling will be applied in theatre which will encircle your body. **This is to be left on at all times** and will only be removed by the physio, who will show you how to do exercises. He /she may change the sling for a more comfortable one. There will be a large wound pad covering smaller dressings. This will be removed approximately 12 hours after surgery. Wound is to be kept dry until reviewed 2 weeks after surgery. **The sling is to remain on at all times.**
2. You will be given an appointment at discharge for follow up approximately 10-14 days after surgery. If you have not been given an appointment please ring Debbie on 8376 9988 for an appointment.
3. Physiotherapist usually to see you prior to discharge, but no further physiotherapy will be required until I see you at follow up.
4. Usually pain improves on a daily basis, but you should rest at home and slowly do more each day. **If however pain suddenly increases, shoulder swells or redness or fluid discharges, please contact me ASAP phone 8376 9988 or after hours pager available on 8378 2179.**
5. I will review you 2 weeks after surgery, at which time any more specific questions can be answered. If however there are any specific concerns prior, please do not hesitate to contact me on 8376 9988.