



Advice after Shoulder Arthroscopy (Mr Shergill's patients)

If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customercare@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

Discomfort

You may be given painkillers to take home and these should be taken regularly at first. Otherwise if you experience any discomfort, you can take mild painkillers such as paracetamol.

Wound

The wound is closed with steri-strips rather than stitches. A pressure dressing will cover the wound.

Please arrange to visit your practice nurse in 48 hours for the removal of pressure dressing and wound check. The nurse may re-dress your wound again if it is required.

Please keep dressing(s) dry for 7-10 days and then remove these yourself.

Follow up

You will be seen in the outpatient department 4 - 6 weeks after the operation. You will be sent an appointment for this.

Specific information

You may find it more comfortable to wear a sling for a day or two but it is important for you to move your shoulder as soon as you can.

Further advice

If you require further advice, please contact:

- Your GP
- Day Surgery Unit – 01722 336262 ext 4550 (7.30am – 7pm)
- Orthopaedic Outpatients 01722 336262 ext 4176 (9am – 5pm).

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