



ORTHOPEDIC ASSOCIATES OF CENTRAL CONNECTICUT, P.C.

**STEVEN E. SELDEN, M.D.**

ARTHROSCOPIC SURGERY  
KNEE AND SHOULDER SURGERY  
SPORTS MEDICINE  
GENERAL ORTHOPEDICS

**AFTER ARTHROSCOPIC SHOULDER SURGERY**

- 1. Limit your activities for several days.**
- 2. Remove bandages in 48 hours-cover incisions with Band-Aids.**
- 3. You may shower in 48 hours.**
- 4. Take your pain medication as prescribed.**
- 5. Arrange for a follow-up visit (if not already done) for in 2 or 3 days**
- 6. You may take your arm out of the sling and move around gently, if comfortable.**

**CALL IF THERE ARE ANY PROBLEMS OR**  
**QUESTIONS**  
**(860) 243-1414**