



NMMC SURGICAL SERVICES

WHAT TO EXPECT



SHOULDER ARTHROSCOPY



1 WEEK BEFORE SURGERY

You will receive a phone call from the Surgery Department one week before your procedure. During this call, we will review your medications and answer any questions you have. *Please use this time to complete any required lab work or other outstanding requests from your provider.*



DAY OF SURGERY

- Please arrive at the Surgery Department on the 3rd floor at your scheduled time.
- Upon arrival, check in with our receptionist. There may be a short waiting period before a nurse escorts you to the Same Day Surgery Unit.
- You'll be provided with a locker for your belongings, then taken to your bay.
- Once settled, your nurse will complete your admission process. Then you'll meet your anesthesia team and your surgeon. This preparation typically takes about one hour.
- Finally, you will be taken to the operating room, for your scheduled procedure.



RECOVERY

- Following surgery, you'll return to the same bay where you began your day for recovery.
 - If you were fitted for a brace in the office, we will apply it before discharge.
 - You may also receive a cold pack to take home, if needed.
- Recovery time for shoulder surgery generally takes about 2-3 hours, depending on how you feel.
- Once you're awake and comfortable, we'll offer you something to eat and drink, review your discharge instructions and answer any final questions.
- Please ensure you have someone available to drive you home and assist you after your procedure.



AT HOME

- Follow all instructions provided in your discharge packet carefully.
- If you have any questions or concerns, please contact the Surgery Department or your provider's office.

CALL US IMMEDIATELY IF YOU NOTICE

- Signs of infection (redness, swelling, drainage)
- Bleeding
- Increasing pain or discomfort
- Your discharge packet will also include the details for your follow-up appointment.

Thank you for choosing NMMC Surgical Services!