



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.*

2-3 DAYS BEFORE SURGERY

You will receive another call from the Surgery Department 2-3 days before your procedure. During this call, we will confirm your arrival time and review final instructions for surgery day.

Important reminders:

- Do not eat or drink anything after midnight the night before your procedure.
- Take **only** the medications you were instructed to take by 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!