

## Post-op shoulder arthroscopy showering instructions

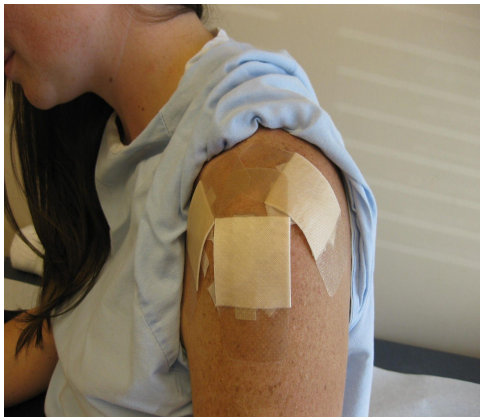
1. Remove gauze dressings



2. Leave steri-strips in place



3. Cover with water proof band-aids



4. Cover water proof band-aids with saran wrap



### **REMINDERS:**

- wait 24 hours post-op before showering
- re-wrap with saran wrap and water proof band-aids for each shower
- DO NOT move the post-op arm, instead let it hang to the side
- Leave steri-strips in place until first post-op check