



Begin with liquids and light foods (jello, soup, etc) Progress to your normal diet if you are not nauseated.

Hydrocodone _____ Ketorolac _____ Other(s) _____
Strong pain medication has been prescribed. Use as directed. Do not combine with alcohol. Be careful as you walk, or climb stairs.

Keep an ice pack on your shoulder for 30 minutes at a time (or use Polar Care machine if given) at least 4-5 times per day. Icing will assist with pain and swelling control

Wear your sling: at all times (including when sleeping) or for 1 day, then only for comfort. It will be helpful to sleep propped up with pillows and with a pillow supporting your elbow.

Continue to take pain medication as needed every 4-6 hours.

Continue to ice your shoulder 30 minutes at a time 4-5 times per day.

Leave bandage on the shoulder. Keep dry. The bandage may be slightly bloody or wet from the incision. This is normal.

Use sling as noted above. Remove it when doing exercises below.

You can begin e _____ You can temporarily remove the sling and bend and straighten your elbow 10 times while keeping the palm of your hand facing your body. Then bend and straighten your wrist 10 times. _____ Open and close fingers completely 10 times.

Continue to take pain medication as needed every 4-6 hours.

Continue as on post-op days 1 and 2.

You may remove surgical bandage on post-operative day #3. Leave steri-strips (paper tapes) in position if present. DO NOT put any ointments or bacitracin on incisions. You can shower after removing dressing if wounds are dry on post-operative day _____. Cover wounds with plastic wrap and secure with tape when showering. If wounds get wet, gently pat the area dry. You may remove sling when showering, but keep arm in front of your body and DO NOT use arm when showering. If needed per instructions, place sling back on after showering. DO NOT soak your shoulder in water or go swimming in a pool or standing water.

Continue exercises described above plus any others prescribed by your physical therapist.

You should make a follow-up appointment for approx 14 days from surgery. Please call the office the following business day after surgery if you do not have an appointment already scheduled.

: To begin in 2 to 3 days please call to schedule the appointment if you do not have one already set up. Physical therapy prescription is given to you on your last visit or with your discharge documents.

No driving until you are completely off the pain medications. This will be assessed on one of your future clinic visits after surgery.

Your shoulder will be swollen. It may take a few weeks or longer for it to resolve. It is also common to notice bruising around the shoulder and upper arm as the swelling resolves. If excessive bleeding at the incision occurs, please notify our office.
