

Your surgery involved the following:

- ☐ Labral repair: ☐ Anterior ☐ Posterior
- ☐ SLAP repair
- ☐ Rotator cuff debridement
- ☐ Rotator cuff repair
- ☐ Subacromial decompression
- ☐ Distal clavicle resection
- ☐ Biceps tenodesis or tenotomy
- ☐ Capsulorrhaphy
- ☐ Manipulation Under Anesthesia ☐ Lysis of Adhesions
- ☐ Open reduction internal fixation (ORIF) clavicle
- ☐ Other:

Brace

- ☐ You do not require a sling.
- ☐ You have been placed in a sling for protection of your surgical repair. Remain in your sling at all times, including while asleep. Further discussion of the length of time sling are included in your physical therapy instructions.
- ☐ You have been placed in a sling for comfort only. You may remove the sling as soon as you feel comfortable doing so. It is recommended to wear it in high risk situations such as in public for 1-2 weeks, but discontinue use at home within a few days.

Physical therapy

- ☐ Do not begin physical therapy until your first postoperative visit.
- ☐ Begin physical therapy within 7 days.
- ☐ Other:

Activity

Ice: Apply an ice bag to the shoulder in a waterproof bag for 30 minutes each hour while awake. Place a towel around the ice bag to prevent direct contact between the ice bag and the skin. Direct contact for a prolonged period may cause a thermal burn to the skin. If you have a cryotherapy unit, this is just cold water and can safely be run continuously. I recommend still avoiding direct contact with your skin and checking your skin every few hours and taking a break if very red or irritated.

Sleeping: Some patients prefer to sleep in a recliner or propped up in bed with several pillows which keeps the shoulder elevated. Sleep however you are comfortable.

Activities: Do not use your operative arm or hand for *any* lifting until you are cleared by your doctor.

Driving: NO driving until first postoperative visit, unless instructed otherwise.

Incision care

Keep the incision clean and dry after surgery.

Do NOT use *any* ointments/creams/lotions on your incisions, unless otherwise directed.

Dressing changes

Your shoulder is dressed in sterile bandages, including Steri-strips, gauze, bandages and tape.

Do not change your dressings until post-op day 3. For example, if you had surgery on Wednesday, you would change your dressings on Saturday. If there is any drainage/bleeding, put a dry dressing back over the Steri-Strips. If they are dry, it is okay to have just the Steri-strips on.

When changing your dressings, DO NOT REMOVE the Steri-strips. They will fall off on their own in ~2 weeks. If they fall off before 1 week, cover the wound with a Bandaid. If Steri-strips are still on, no further dressing is needed.

Bathing

Keep your incisions dry for 1 week after surgery. You may shower after post-op day 3 with either waterproof bandaids over the incisions, a bag, or Saran wrap to keep the incisions dry. After 1 week, you may shower normally. Avoid being under water (baths, pools, etc) for the first 4 weeks.

Medication

Generally, a short-acting narcotic pain medication is prescribed following surgery. Narcotic medicines may make you drowsy and/or dizzy, therefore driving a car or operating machinery is NOT ALLOWED UNDER ANY CIRCUMSTANCE. Narcotic medicines are addictive and should be taken in the lowest dose and shortest duration needed to control your pain. Tennessee law now severely limits the amount of pain medications that can be prescribed at surgery. Refills are rarely needed but according to new TN law, you now must be seen in person before a refill can be prescribed. You also must be seen in person in order for the type of prescription medicine to be changed.

Follow-up care

First Physical Therapy Appointment:

Post Op Appointment:

Diet

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

When to call your surgeon

Call the office for any concern including those below. If after hours or emergent, please 911 or go to the ER

- Fever > 101.5°F
- Chills
- Increasing leg or calf pain or swelling
- Hives, itching, rashes
- Shortness of breath or chest pain
- Vomiting that lasts more than 8 to 12 hours following surgery
- Drainage from incision sites that continues for more than 5 days follow surgery.

SPECIAL INSTRUCTIONS

☐ Please follow these instructions