

#### DAY OF SURGERY:

1. A Cryo/Cuff or ice packs will be placed on your shoulder in the recovery room. This will help reduce swelling and pain following the surgery. Use the Cryo/Cuff or ice daily as directed below.
2. Your arm will be in a sling following surgery. You may remove the sling tomorrow.
3. It will be helpful to sleep with your head and shoulders propped up with pillows. This will reduce pulling on the suture lines.
4. Enclosed are two prescriptions. Naprosyn, an anti-inflammatory medication, is to be used twice a day with **breakfast and dinner**, for the first 10 days after surgery. Vicodin, Dilaudid, or Percocet, narcotics, are to be used on an **as needed** basis for pain in addition to the Naprosyn.

#### DAY 1 AND UNTIL FIRST POSTOPERATIVE VISIT:

1. You may remove all the bandages from your shoulder. Apply Band-Aids to the wounds.
2. You may shower but you should not get the sutures wet. Cover the wounds with waterproof Band-Aids and pat the incisions dry if they get damp and re-apply fresh Band-Aids.
3. Apply the Cryo/Cuff or ice 4 times per day for 30 minutes.
4. Use the sling for comfort only when in public places.
5. A physical therapy prescription will be given to you at the first postoperative visit. Call the office to make this appointment for 7-10 days after your surgery. Your sutures will be removed at this visit.
6. Call the office with any questions.

#### POST-OPERATIVE SHOULDER SURGERY EXERCISE INSTRUCTIONS

These exercises should be done 10 times each, 3 times per day, beginning on postoperative day #1. Taking your pain medication 20-30 minutes before doing the exercises is helpful in easing discomfort. Apply ice pack after exercises.

**ELBOW RANGE OF MOTION:** Remove the sling. With your arm bent at the elbow and resting against your body as though still in the sling, bend and straighten the arm as if you were brushing something off your stomach.

**GRIP STRENGTHENING:** With arm in sling, grip a rubber ball, old tennis ball, wire grip strengthener, or some similar device. Hold for 5 seconds and release.

**SCAPULAR TIGHTENING:** With arms at your side or bent in front of you, pull your shoulder blades together. Hold for 3 seconds.

**SHOULDER RANGE OF MOTION:** 1) While lying flat in bed, grasp the wrist on your operated arm with your other hand. Raise arm above head toward headboard. Use your un-operated arm to support the operated arm throughout the exercise. Hold until you feel discomfort and then relax. Begin slowly and attempt to gain a little more motion each day. You may also use pulleys for this exercise. 2) Pendulums: Lean forward and let arm gently swing forward and backward and side to side. This can be done with the sling on or off.