

**PRIOR TO SURGERY:**

- If you are in a formal physical therapy program, continue the therapy until the time of surgery. It will be helpful in returning your shoulder to its normal function and strength. If you are NOT in a formal program, maintain your strength and motion. If needed, we can provide a basic exercise regime to follow.
- Ladies, please do not shave under your arm the night before your surgery as it will increase the bacterial growth on your skin.

**SURGERY DAY:**

- Wear loose fitting clothes to the hospital. This is because you will have to wear bandages after your surgery.
- After your surgery, you will be transferred to the recovery room on the 4th floor for approximately 2-3 hours. If your surgery is late in the day, you may remain in the recovery room overnight. You will receive pain medication as needed and your Cryo/Cuff or ice packs will be brought to you regularly. You will eat lightly for the first 24-36 hours and then progress to a regular diet as tolerated.
- Your family and friends may wait for you in the lounge on the 4th floor. Dr. Henshaw will speak with them following your surgery. The Patient Services Liaison will also be available to provide updated information and answer questions. (Visiting hours: 8am-8pm).

**AFTER SURGERY:**

- You will be seen by a physical therapist each day that you are in the hospital to guide you with basic exercises.
- You will be given written instructions regarding exercise, wound care, showering, and so forth. Please follow the instructions carefully and call the office if you have any questions.