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## **SHOULDER SURGERY POST-OPERATIVE DISCHARGE INSTRUCTIONS**

### **General:**

- Cryocuff and dressings left on for 48 hours after surgery
- 48 hours after surgery you may:
  - remove dressings and place clean DRY band-aids over incisions
  - shower...do not scrub over incisions, pat dry and place new band-aids over incisions
  - discontinue the Cryocuff, but you may continue it for comfort and swelling as needed

**Your sling use and exercises/activity will be determined by the type of procedure that you had done. See checked item(s) below:**

### **Sling:**

- At all times
- As needed for comfort

### **Exercises:**

- None – keep arm in sling
- Pendulums only
- Passive range of motion
- Active range of motion as tolerated
- No limitations on activity

**Please make sure your post-op appointment is made for 6-10 days after your surgery!!**



If not, please call 212-241-8892 to schedule

**Your shoulder may be painful after surgery. In order to control this pain, see below for medicine that you may take.**

Prescription (given day of surgery):

***Oxy IR (or Vicodin for those with Oxy IR allergy)***

→ 1-2 pills every 4-6 hours as needed for pain

***Zofran 8 mg – to begin the day after surgery***

→ 1 pill every 12 hours as needed for nausea/vomiting

Over-the-counter:

***Tylenol Extra Strength (500 mg)***

→ 2 pills every 8 hours as needed for pain

→ DO NOT use if you are taking *Vicodin* (*Vicodin* has Tylenol in it)

***Motrin 200 mg (or Ibuprofen)***

→ 2-3 pills every 8 hours as needed for pain

***Colace 100 mg***

→ 1 pill every 12 hours as needed for constipation

**If you are experiencing any of the following call our office immediately @ 212-241-1815.**

⇒ fever greater than 101.5 degrees F

⇒ chills

⇒ excessive redness or swelling of incisions

⇒ yellow (pus) drainage at incision sites

**Anesthesia:**

★ Some anesthesia drugs you may have received can take up to 24 hours to leave your system completely.

★ For this reason, you should not ingest any alcoholic beverages, drive a car, operate machinery, or make any important decisions for 24 hours after your surgery or while taking pain medication.