

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.
2. Your arm should be elevated the night following surgery. Most patients undergoing this procedure are admitted to the hospital. If this is the case, discharge usually occurs after a physical therapy session the morning of discharge. Occasionally, a second anesthetic block will be administered prior to discharge; Dr. Henshaw will assess the need for this.
3. Wear the sling as little as is tolerable. You may use the sling sparingly for comfort.
4. Physical therapy should start within a day of discharge home. You should expect to have 4-5 visits during this first week. Also, daily home range-of-motion exercises should be implemented at home.
5. It will be helpful to sleep propped up with pillows. This will reduce pulling on the sutures.
6. You will receive three medications: Naprosyn, Percocet, and Prednisone. Naprosyn, an anti-inflammatory medication, is to be used twice a day **with breakfast and dinner**, for the first 10 days after surgery. Percocet, a narcotic, is to be used on an **as needed** basis for pain in addition to the Naprosyn. The prednisone is an anti-inflammatory steroid that is very useful in the treatment of this particular disorder. Take the anti-inflammatory and narcotic as prescribed and use the Cryo/Cuff or ice pack judiciously as these all will help reduce the swelling, pain, and help to maintain range of motion. It is important that you are comfortable so you can maintain the motion gained at surgery in your shoulder.

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. Wrap plastic wrap over your shoulder and secure with tape. Remove the wrap 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 at a minimum. You can use cold therapy as often and for as long as you like.
4. Begin doing shoulder exercises immediately.
Physical therapy should begin within a day or two of discharge. **This is important!!**
A physical therapy prescription will be given to you prior to discharge home.
5. Call the office with any questions and to make your postoperative visit to have your sutures removed.

We wish you a speedy recovery!

POSTOPERATIVE 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 other 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.