

#### 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.
2. Your arm will be in a sling following surgery. You can remove it for short periods but you must wear it in public places for 4-6 weeks.
3. Enclosed are two prescriptions for you to use postoperatively. Naprosyn, an anti-inflammatory medication, is to be used twice a day **with breakfast and dinner**, for the first 10 days after surgery. The narcotic – either Vicodin, Dilaudid, or Percocet – is to be used on an **as needed** basis for pain in addition to the Naprosyn.

#### DAY 1 AND UNTIL POST-OP VISIT:

1. Begin doing the following exercises: You may stretch your elbow in front of your body without moving the shoulder. You may exercise your hand by squeezing a rubber ball. Do 3 times a day with 10 repetitions.
2. Remove the large, fluffy bandages. There will be an incision in the fold of skin just above the armpit. Do NOT remove the white tapes that cover the wound.
3. You may shower on post-op day #3 but you must not get the sutures wet. Cover the shoulder with plastic wrap and secure it with tape. Remove the wrap after showering, and pat the wound dry if it has gotten damp.
4. It will be helpful to sleep with your head elevated and with your arm supported by pillows. This will prevent excessive traction on the suture line.
5. Apply the Cryo/Cuff or ice 4 times each day for 30 minutes and after each time you do the exercises.
6. Call the office if you have any questions and to make a postoperative appointment to have your sutures removed.

#### 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 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.