



1. Please change the dressing on postoperative day #1.
2. Keep the wound covered with Band-Aids until the sutures are removed. Please do not use bacitracin or other creams under the bandages. Apply the Cryo/Cuff or ice packs 4 times each day for 30 minutes and after each time you do the exercises.
3. You may shower on postoperative days #1-2. Please do not soak the shoulder (no baths, no hot tubs, or swimming). Cover the shoulder with plastic wrap or water-proof Band-Aids. Wash the arm pit area daily.
4. Only perform PASSIVE movement of the shoulder. Active lifting of the arm will cause undo strain on the repair. You should do pendulum exercises gently for 5 minutes 3 times a day, either in or out of the sling. Gentle passive supine elevation may be started if indicated by Dr. Henshaw.
5. Your sling must be worn for approximately 4 weeks, to provide both comfort and support. You may take the waist band off the sling when out of bed. Waist band must be worn at night. The sling may be removed intermittently to allow range of motion of the elbow. You may exercise your hand by squeezing a tennis ball.
6. It will be helpful to sleep propped up with pillows and with a pillow supporting your elbow. This will prevent excessive pulling on the suture line.
7. Please call the office to schedule a follow-up appointment to have your sutures removed 7-10 days after your surgical date.
8. If you develop a fever (101.5 F) or redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
9. 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. Percocet, Dilaudid or Vicodin, narcotics, are to be used on an **as needed** basis for pain in addition to the Naprosyn.

If you have any questions, please feel free to call our office.

If you have any difficulty using anti-inflammatory medications or aspirin, or have a history of ulcer disease, you will only use the narcotic postoperatively.

If you find that the Naprosyn is upsetting your stomach, please call our office to review the medications.

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.

