



### DAY OF SURGERY:

1. Your Cryo/Cuff or ice packs will be placed on your shoulder in the recovery room after surgery. When you get home, keep the Cryo/Cuff / ice on continuously for the first night and keep it cold.
2. It will help if you sleep with pillows behind your back and shoulder. You must sleep with the sling until directed to remove it. Some patients prefer to sleep in a chair or couch.
3. 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. Vicodin, Dilaudid, or Percocet, narcotics, are to be used on an **as needed** basis for pain in addition to the Naprosyn.

### DAY 1 AND UNTIL FIRST POSTOPERATIVE VISIT:

1. You may remove the bandage 24 hours after surgery and apply Band-Aids to the wounds.
2. You may shower on postoperative day #4 by covering the wounds with plastic wrap and securing it to your skin with tape. You must keep the wounds dry. If they do get wet, pat dry and apply fresh Band-Aids. Change the Band-Aids daily.
3. Apply the Cryo/Cuff or ice pack for 20-30 minutes, 4 times on postoperative day #1. You may use it more frequently. Use the cold 3 times per day for the first 3 days, then as needed.
4. Wear the sling at all times except when doing your exercises. You may remove the sling for showering, but keep arm across the chest. Do the following exercises daily:
  - \* Stretch your elbow in front of your body.
  - \* Exercise your hand by squeezing a rubber ball. Do 3 times daily with 10 repetitions.
5. Call the office for your postoperative appointment.

### 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.