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IMMEDIATE POST-OPERATIVE INSTRUCTIONS – SHOULDER SURGERY

FOLLOW-UP

- ☐ Please call the office to schedule a follow-up appointment for your suture removal, 10-14 days post-operatively.
- ☐ At your first post-operative visit, Dr. Grawe OR Blair McChesney, CNP will go over your surgery and outline your rehabilitation.

WOUND CARE

- ☐ You may remove the Operative Dressing on Post-Op Day #2-3.
- ☐ KEEP THE INCISIONS CLEAN AND DRY.
- ☐ Apply Band-Aids to the wounds. Change the Band-Aids daily. Please do not use Bacitracin or other ointments under the bandage.
- ☐ Use the Cryocuff or Ice as often as possible for the first 3-4 days, then as needed for pain relief.
- ☐ You may shower on Post-Op Day #2. Please cover the wound with plastic wrap and secure it to your skin with tape. You may remove the sling for showering, but keep the arm across the chest. Gently pat the area dry. Do not soak the shoulder in water. Do not go swimming in the pool or ocean until your sutures are removed.

POST-OP

- ☐ You will be given prescriptions for pain relief for you to use post-operatively:
 - Ibuprofen 600 mg, an anti-inflammatory medication
**** IF YOU HAVE AN ULCER HISTORY OR DIFFICULTY USING ANTI-INFLAMMATORIES OR ASPIRIN >> DO NOT USE**
 - Oxycodone 5 mg or Tramadol, a strong narcotic, to be used only on an "as needed" basis for pain
 - Tylenol 500 mg
- ☐ If you have any adverse effects with the medications, please call our office.
- ☐ If you develop a Fever (101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.

EXERCISES

- ☐ Wear the sling at all times except when doing your exercises. You may remove the sling for showering, but keep the arm across the chest.
- ☐ Please perform the exercises on the attached Home Exercise Program 2-3 times daily:
 - Pendulums
 - Elbow / Hand / Wrist Range of Motion Exercises
 - Grip Strengthening
 - Scapular Tightening

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE. Christa Penny @ 513-475-7766. If your problem is an emergency you must go to the hospital or call 911.