

**1. Dressing Care:**

Change your dressing two days after surgery. Some light bleeding is normal. Showering is permitted 2 days after surgery & the incision may be washed with soap & water, but no submerging or bathing is allowed until 2 weeks. Keep a clean dressing on the incision until your follow-up appointment.

**2. Medication:**

You will be given a painkiller \_\_\_\_\_ to be taken 1-2 pills every 4-6 hours as needed. Do not drink or drive while on pain medication. Do not take additional Tylenol based pain medications while on this medication.

You may also be given an anti-inflammatory medication \_\_\_\_\_ to be taken following surgery.

**3. Activity:**

You will be placed in a sling after surgery but should remove the arm from the sling to work on gentle passive pendulum range of motion exercises daily as instructed. You may work on lifting the arm forward to 90 degrees (shoulder height), but do not do any overhead motion or lifting of the arm away from the body. No lifting or strenuous activity is allowed for the first 6 weeks. Therapy will be started at 4-6 weeks to work on restoring full motion and strengthening, progressing to full activity as tolerated. Expected time to complete recovery is 3-6 months.

**4. General Instructions:**

Apply ice to the shoulder (20min on /off) to reduce pain & swelling.

If you notice any signs of infection such as increased pain, redness, wound drainage or fever  $>100.5^{\circ}$  F, call the office immediately.

**5. Follow-up Appointment:**

Call the office at (616) 949-8945 to schedule an appointment for 10-14 days after surgery.

**6. Other Instructions:**

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*If you have any problems or concerns following surgery, please call our office at (616) 949-8945.*