

## **GENERAL POST-OPERATIVE INSTRUCTIONS FOLLOWING SHOULDER SURGERY**

### **MOVEMENT**

Avoid actively moving your shoulder – only elbow flexion/extension and gripping exercises while **SITTING** are permitted during the first week after surgery—unless specifically instructed otherwise.

### **SLING**

You must wear sling **WITHOUT EXCEPTION** for the first 7 days including during sleep.

Sleeping is safest and most comfortable on your back with surgical arm supported or in a reclined position with arm supported while wearing your sling. Some patients find it most comfortable to sleep in a reclining chair.

### **BATHING**

Sponge bathing only until your first post-operative follow-up visit.

To wash under your surgical arm, bend to that side and allow gravity to pull arm away from body. **GENTLY wash under arm.**

### **WOUND CARE**

The wound must not become wet. Call your surgeon's office if the wound or dressing become wet.

Do not remove the dressing – call your surgeon's office should a problem occur.

If you have a cold therapy device, use it at least 4 times/day while awake (20 minutes on, 20 minutes off in 2 hour cycles) for the first seven days. Otherwise, a double-bag of ice or a bag of frozen vegetables (enclosed in a sealed plastic bag) can be used for cold therapy.

### **MEDICATION**

Please take medication as directed by the surgeon. Do not take ibuprofen or aspirin in addition to taking your prescribed pain medication. Please call your surgeon's office if you have questions regarding your medication.