



444 West Osborn Road
Suite # 200
Phoenix, AZ 85013

POST-OPERATIVE INSTRUCTION SHEET FOR SHOULDER PROCEDURE

- 1.) The diagnosis and condition of your surgery performed will be discussed in detail at your first follow-up appointment 7-10 days after your surgery date.
- 2.) Your procedure is generally associated with moderate discomfort. To assist in your comfort, apply ice to the operative area, not directly to the skin, keeping the area clean and dry. Do this for the next 48 hours, or longer if needed to minimize swelling and pain.
- 3.) It is wise to rest the operative area for several days following the surgery. Gentle range of motion is permitted such as drawing small circles on the ground with your hand to keep the shoulder from stiffening too much. If you received, from surgery, a large specialized pillow under your arm, you must **NOT** do any exercises until after further instruction at your follow-up appointment. Overall, no vigorous activity other than normal walking and daily living activities.
- 4.) Unless instructed otherwise, you may remove the dressing about the operative area down to the skin after 48 hours, but **DO NOT** remove any stitches or steri-strips (white paper tapes) that you encounter. Use small Band-Aids to cover the stitches or wounds to keep them from getting caught or rubbing on clothing. Should you have more drainage than a Band-Aid can hold, reapply clean gauze dressing and repeat each day until no drainage is found, then apply Band-Aids.
- 5.) You may shower five (5) days after your surgery if your wound has NO drainage. (If you had a shoulder arthroscopy only, you may shower after 48 hours.) Remove the bandages as described above and let the water run over your wounds. **DO NOT** scrub, use soap or creams, or submerge in a bathtub, swimming pool or jacuzzi. Should the steri-strips loosen or fall off, apply Band-Aids.
- 6.) If you have not scheduled an appointment for 7-10 days following your surgery, then call the office immediately to do so. For shoulder arthroscopy patients, bring the photographs that were given to you at the hospital to your first follow-up appointment. If you were not given any photographs please call the hospital and make arrangements to pick them up prior to your appointment.
- 7.) A prescription for pain will be given to you after your surgery. Refills are only given Monday through Thursday 9am to 3pm and on Fridays 9am to 12:30pm. **NO REFILLS WILL BE GIVEN OVER THE WEEKEND.** If you have any questions concerning the above, call the office at 230-1400.