

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:

The success of the surgery is dependent on maintaining full range of motion to prevent recurrent scarring and stiffness. Work on stretching the shoulder to achieve maximal motion at least 10x day.

Physical Therapy will be initiated immediately to work on maintaining range of motion, stretching and eventual strengthening progressing to full activity as tolerated. It may take 3-6 months for complete recovery.

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 1 week after surgery.

6. Other Instructions:

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