

### 1. Dressing Care:

Keep your dressing clean & dry. You may change your dressing as needed. 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. No other motion or activity is allowed at this time as this could result in a failure of the repair.

Activity will gradually be progressed as the shoulder heals and therapy may be necessary to regain full range of motion and strength in the arm. Expected time to full recovery is 2-4 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.*