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SHOULDER INSTRUCTIONS

1. Description:
2. You may shower when comfortable*. You have a waterproof dressing. On day 7 remove all of your bandages. You will have a skin glue over the wound. This is normal - Leave this in place.
3. Expect some swelling, discomfort, and ecchymosis (bruising). This is normal. The swelling can last from several days to several weeks depending on the type of surgery you had. Ways to lessen the amount of pain and swelling:
Rest in the upright sitting position (usually this is more comfortable)
Use the (ice compression) cryocuff (blue cuff) continuously for the first 24-48 hours. Then, 20-30 minutes, four times a day.
4. Medications prescribed:
Oxycodone (5mg) for pain: one to two pills every 4 hours as needed for pain
Toradol (ketorolac) anti-inflammatory: one pill (10mg) every 6 hours for pain and swelling as needed
Zofran for nausea: one pill every 8 hours as needed for nausea
5. Other medications you may take for breakthrough pain:
Tylenol 500mg (extra strength) two tablets every 6-8 hours
Advil (Ibuprofen) 200mg two tablets every 8 hours with food – **do not take with Toradol (ketorolac)**, you can take after the Toradol prescription is finished.
6. The pain medication may cause constipation. You were prescribed **Colace**, a stool softener which should help with constipation. Drink plenty of fluids. If you do not have a bowel movement within 5 days, then drink ½ a bottle of magnesium citrate, which is sold over-the-counter at your local pharmacy.
6. You are to use the sling for 3-4 weeks. Sleeping is difficult for the first week; you may sleep in a reclining chair or propped up on pillows. Pain tends to increase at night, this is normal.
7. Start scheduling appointments with your physical therapist. We may have sent you home with a prescription for physical therapy. You will need to start in 1 week. This is **very important**.
8. **Your follow up appointment date and time are: Date: _____ @ _____ am / pm**
If you cannot make this, please call 617- 643- 0907 to reschedule your post op office visit for 10 – 14 days from the date of surgery.
9. Although there is a very low risk of infection, notify my office if you develop fever > 101° F, with increase pain, redness, and warmth. Report any pus or unusual drainage immediately.
10. Exercises:

☐ Pendulums

*If you have a pain pump in place, do not shower until that is removed.