

MANIPULATION OF THE SHOULDER POSTOPERATIVE INSTRUCTIONS



1. First meal at home should be clear liquids.
2. Use the cold therapy unit as instructed for 7 – 21 days. Alternatively an ice bag should be applied to your shoulder for 20 minutes four times daily for 72 hours. Do not use heat.
3. Exercises should be done daily with Physical Therapy. Please make sure you get started with physical therapy immediately.
4. A sling is provided for your comfort. You may remove the sling and let your arm hang by your side if it is comfortable
5. A prescription will be provided for pain before your discharge home. Do not take any aspirin for one week after surgery (use plain Tylenol instead). Please inform us of any known drug allergy.
6. The dressing may be removed after 72 hours. Cover the small incisions with Band-Aids.
7. You may shower 72 hours after surgery. Carefully dry the, incisions and change Band-Aids daily after your shower. Please avoid totally submerging the area until the portals are healed.
8. Activities:
 - (a) Let pain be your guide to activity-too much pain, too much activity.
 - (b) Some amount of swelling may be present postoperatively.
 - (c) Do not use exercise machines unless specified.
 - (d) Generally if you have a job with little physical activity, you may return to work in 5 – 7 days.
 - (e) If your job requires excessive lifting or use of the arm, then discuss your return to work date with me.
9. Make your follow-up appointment date for approximately 10 - 14 days after your surgery. Until your first check in the office, do not swim, take tub baths, or use a whirlpool.
10. If you develop a fever of 102 degrees or above, unexpected redness or additional swelling in your upper extremity, please notify me at once.

Thank you for following the above instructions. If you have any questions - please call my office. The receptionist will put you in touch with me or my assistant.