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### **POST-OPERATIVE INSTRUCTIONS – OPEN SHOULDER STABILIZATION**

#### **WOUND CARE**

- You may remove the Operative Dressing on Post-Op Day #2.
- KEEP THE INCISIONS CLEAN AND DRY.
- Apply Light Gauze to the wound. Change the Gauze daily. Please do not use Bacitracin or other ointments under the bandage. You may remove the Gauze dressing when the wound is dry after about 3 days. DO NOT REMOVE the white steristrips that are covering the wound. Keep the wound clean and dry.
- Use the Cryocuff or Ice as often as possible for the first 7 days, then as needed for pain relief.
- You may shower on Post-Op Day #3. Please cover the wound with plastic wrap and secure it to your skin with tape. You may remove the sling for showering, but keep the arm across the chest. Gently pat the area dry. Do not soak the shoulder in water. Do not go swimming in the pool or ocean until after your sutures are removed and Dr. Rodeo gives the OK to do so.

#### **EXERCISES**

- Wear the sling at all times except when doing your exercises. You may remove the sling for showering, but keep the arm across the chest.
- Please perform these exercises:
  - Elbow / Hand / Wrist - Range of Motion Exercises
  - Grip Strengthening

#### **POST-OP**

- You will be given two prescriptions for pain relief for you to use post-operatively:
  - VICODIN or PERCOCET or OXYCODONE, a strong narcotic, to be used only on an “as needed” basis for pain in addition to the Naprosyn.
  - An anti-inflammatory medication is to be used twice a day with breakfast and dinner, for the first ten days after surgery.
- If you have any adverse effects with the medications, please call our office.
- If you develop a Fever (101.5), Redness or Drainage from the surgical incision site, please call our office to arrange for an evaluation.

#### **FOLLOW-UP**

- Please call the office to schedule a follow-up appointment for your suture removal, 10-14 days post-operatively.

**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE.**