



POST OP SHOULDER CARE INSTRUCTIONS

By following these instructions and sticking to your protocol, you can aid in a better recovery.

Pain Control

- Ice 4-5 times per day for 20-30 minutes per time, especially after exercising (make sure incisions stay dry). May use a regular ice pack or ice machine, but make sure you allow some time for your shoulder to return to room temperature (at least 30 minutes between icings).

Sling Use

- It is extremely important that you use your sling as indicated. Failure to do so can result in a failure of your surgery!
 - When seated, you may prop your arm up on a pillow and remove your sling. However, the sling must be worn if you get up to move around.
 - You will use the abduction pillow for _____ weeks and the sling for another _____ weeks for a total of _____ weeks.
 - Sling use may change based on your surgery. If needed we will adjust your plan at your first visit with Dr. _____
- You may sleep however is comfortable (recliner, couch, bed) but must sleep with sling on at all times. It is often more comfortable to have the sling propped up on a pillow for added comfort while sleeping.

Showering

- The dressings over your incisions are waterproof so you may shower. DO NOT submerge your shoulder (ie. no pool, hot tub, lake, bath, etc). Inspect bandages after showering to make sure no water has gotten under them. If so, remove and cover with band-aids and do not get wet until next PT.
- When showering, use a cheap cloth sling instead of your usual sling so that it doesn't get wet. If you do not have another sling, remove the sling you were given and keep your arm by your side.

Home Exercises

- Following surgery, you may begin to straighten and bend your elbow 15-20 times, 4-5 times daily. If needed, you may need to use your non-involved hand.
- Depending on your procedure, your physical therapist will give you a program after surgery.

Schedule an appointment with us today. With over 900 clinics across the U.S. and our telehealth option, CONNECT, we make it convenient for you to receive care.