



Post-operative Shoulder Instructions

Exercises

- Move and use your forearm/hand as comfort allows in any direction, but does not cause pain.
- Restrict lifting, pushing and pulling to 5 pounds for 1 week.
- Bend forward at the waist, allowing your operated arm to hang toward the floor. Swing the arm **in gentle circles**, clockwise and counterclockwise, for 30 seconds. Repeat this gentle exercise 4-6 times a day.
- Bend and straighten your elbow alternately for 30 seconds.
- For the first 48 hours inhale deeply and hold your breath for at least 3 seconds, exhale completely. Repeat 10 times 4 times daily.
- If you smoke, avoid cigarettes for 48 hours. It would not hurt to stop altogether.

Bandages

- Your bandage may show blood stains within 1-12 hours. This is mostly fluid that was used to irrigate your shoulder, slightly tinged with blood. It is not cause for concern. However, if your bandage becomes saturated, notify my office right away at (301) 949-8100.
- You may change your bandages 36 hours after your operation. Remove the gauze pads and Ace wraps, but leave the white Steri-Stips alone. I will change them in the office.
- You may shower, and get the shoulder wet 36 hours after your operation, but **do not** swim or whirlpool for 7 days.

Work

- Your comfort should be your guide for return to work. Avoid overhead positions for 3 weeks.

Important

- Report any complication to my office immediately. This includes excessive bleeding, wound breakdown or signs of infection, calf or ankle swelling, excessive pain or fever over 101 degrees.
- Eat a balanced diet and get ample rest.