

Anterior Shoulder Reconstruction Postoperative Instructions

- Diet Resume regular diet as tolerated.
- Medication Take 1-2 tablets every 4-6 hours as needed _____
 If Toradol is prescribed: This is a non-narcotic medication that should be taken for 3-4 days, every 6 hours. It generally is not prescribed for patients over 50 years of age or for those patients who have a sensitive stomach.
 You may receive a prescription for Phenergan suppository. It is for nausea. Fill the prescription **ONLY IF** you have severe nausea.
- Activity Ice may be difficult to apply because of thick bandages.
Once dressings are removed, ice may be applied to the shoulder 3 times a day for 20 minutes for up to 1 week.
DO NOT use heat.
Maintain the operative arm in a sling or abduction pillow at all times.
DO NOT actively lift the elbow away from the side of your body or externally rotate your arm unless with your doctor or therapist. Active hand, wrist and elbow motion, however, is encouraged.
NO lifting.
DO NOT use exercise equipment unless otherwise instructed.
- Dressing Care Dressing may be removed in 2 days and replaced with fresh gauze.
 DO NOT remove dressing until next office visit.
Keep the dressing dry.
Cover the dressing appropriately when washing so as to keep it from getting wet.
DO NOT remove sutures.
- Follow-Up Call the doctor's office today or the next business day to make a return appointment in 10-14 days.

Notify your doctor of any fever over 101.5 degrees, excessive wound drainage, or numbness in the arm or hand.
- Specific Instructions _____

