

PATIENT INSTRUCTIONS FOLLOWING SHOULDER SURGERY
DR. GRIMM

1. **ACTIVITY** - You have been placed in a sling for comfort and protection. Wear the sling at all times except when you are completing your exercises as outlined below.** Move your wrist and fingers frequently throughout the day to avoid stiffness. Remove the sling at least 4-5 times per day to move your elbow gently through a full range of motion. After finishing your elbow exercises, continue with the gentle motion exercises diagrammed on the back of this page. Do the exercises slowly and gently; your body needs time to recover from surgery. ** Dr. Grimm may suggest a different amount of activity and sling use depending upon your specific problem and surgical intervention.**
2. **WOUND CARE** - Keep your shoulder clean and dry with the bandage in place for the first 2 days—you can then change it daily as needed. You may use an ice bag on your shoulder during the first week if you like, but be careful to keep the bandage clean and dry.
3. **HYGIENE** - If you had arthroscopic surgery only (i.e.: no “open” or “mini-open” procedure with a larger incision), you can shower briefly after **3** days. Gently pat the incisions and sutures dry and then cover them with a new band-aid if desired. It is important to clean your arm, chest and armpit on a daily basis with a washcloth. Be sure to dry your skin thoroughly before putting your sling back on to avoid skin problems. Use of a roll-on deodorant is fine (and usually appreciated by friends and family!)
4. **MEDICATIONS** - Please resume taking your usual medications. You will receive a prescription for pain medicine that should be taken as directed if needed. As the pain diminishes, you may switch to a non-prescription strength medication (e.g.: Tylenol, Ibuprofen, or Aleve) as needed. You may also be instructed to take an anti-inflammatory medication for a short period of time (e.g.- Celebrex for several days).
5. **SLEEP** - You may notice that finding a comfortable position in which to sleep is difficult. If this is the case, try sleeping with your upper body elevated on multiple pillows, or move into a reclining-type chair with the back inclined to about 45 degrees.
6. **FOLLOW-UP** - You should already have a follow up appointment scheduled with Dr. Grimm in 7-10 days. If there are any questions or problems, please call Dr. Grimm’s office at (585) 394-1960.

IF ANY OF THE FOLLOWING PERSIST, CONTACT THE OFFICE:

1. Pain that increases in intensity.
2. Increasing swelling around the shoulder.
3. Onset of numbness or tingling in the arm or hand.
4. Increasing drainage or redness at the incision sites.
5. Elevated temperature (fever) not associated with other illness

David C. Grimm, MD
Canandaigua Orthopaedic Associates, PC
(585) 394-1960 or 924-2125
www.DrGrimm.com

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