



THE SHOULDER CLINIC
OF IDAHO P.L.L.C.

FIRST POSTOP VISIT INSTRUCTIONS

RESTRICTIONS

- No lifting, pulling, pushing, carrying with your operative arm unless allowed by your shoulder team. This is to protect your shoulder repair.
- Using your arm more than instructed could result in failure of your repair.

SLING

- Wear your sling for approx. 6 weeks following surgery including while sleeping. This is to protect your shoulder repair.
- You may remove the sling only when seated and rest your arm on pillows but you must have the sling on when up and around and when out of the house.

SHOWERING

- You may shower on day #3 following surgery. Cover incisions with plastic wrap, remove following shower.
- Do not submerge your incisions for 4 weeks from surgery (i.e. hot tub, pool, bath, etc.)
- Do not scrub the incisions. Pat them dry after your shower.
- Remove operative dressing on postoperative day 3. Steri-strips underneath leave alone.

INCISION

- Allow the steri-strips to fall off on their own. You may trim them with scissors if needed.
- If they are still in place at the 2-week mark from your surgery you may gently remove them following a shower (they are easier to remove when wet).

PAIN MANAGEMENT

- Begin to transition to Tylenol for pain control. (Maximum dosage in 24 hours - 4000mg)
- *IF you had a rotator cuff repair* - Please avoid anti-inflammatories (Ibuprofen, Advil, Motrin, Aleve, Naprosyn, etc) for the first 3 months after surgery as this may delay tendon healing.
- Continue to use ice several times a day to decrease pain, swelling, and inflammation.

RETURN TO WORK

- Most patients are able to return to work 1-4 weeks following their shoulder surgery but you may have restrictions.
- Light duty with restricted use of your operative arm is allowed and most employers can accommodate restrictions.
- Please let us know if your employer requires a return to work note