

Alexis Colvin, MD

*Professor, Sports Medicine, Department of Orthopaedic Surgery
Senior Associate Dean of Alumni Affairs
Ichan School of Medicine at Mount Sinai
5 E 98th Street 9th floor
New York, NY 10029
P: 212-241-1815
F: 212-427-0208*

POST-OPERATIVE SHOULDER SURGERY INSTRUCTIONS

General:

- **Dressings** left on for 48 hours after surgery (you can shower as long as the dressing stays dry)
- **Brace:** if you have a brace, you can remove for ice machine/CPM use
- **Diet:** you may eat as long as you feel comfortable. You may feel nauseous the first day. There are no restrictions on eating.
- **48 hours after surgery you may:**
 - Remove entire dressing
 - Shower and get incisions wet
 - Pat dry and rewrap with gauze and ace wrap or cover with band-aids

Your sling use and exercises/activity will be determined by the type of procedure that you had done. See checked item(s) below:

Sling:

- At all times
- As needed for comfort
- 4 weeks
- 6 weeks

Exercises:

- None – keep arm in sling
- Pendulums only
- Passive range of motion
- Active range of motion as tolerated
- No limitations on activity

Please make sure your post-op appointment is made for 10-14 days after your surgery!



If not, please call 212-241-8892 to schedule

Your shoulder may be painful after surgery. In order to control this pain, see below for medicine that you may take.

Prescription (given day of surgery):

Percocet

→ 1-2 pills every 4-6 hours as needed for severe pain

Over-the-counter: (**alternate** between the following two medications every 2-3 hours as needed):

Tylenol (acetaminophen) Extra Strength (500 mg)

- 1-2 pills every 6-8 hours as needed for pain
- DO NOT use if you are taking Vicodin or Percocet (Both contain Tylenol)

Advil or Motrin 200 mg (or ibuprofen)

- 2-3 pills every 6-8 hours as needed for pain

For constipation:

Colace 100 mg

- 1 pill every 8 hours as needed

If you are experiencing any of the following call our office immediately @ 212-241-1815.

- ⇒ fever greater than 101.5 degrees F
- ⇒ chills
- ⇒ excessive redness or swelling of incisions
- ⇒ yellow (pus) drainage at incision sites

Anesthesia:

- ★ Some anesthesia drugs you may have received can take up to 24 hours to leave your system completely.
- ★ For this reason, you should not ingest any alcoholic beverages, drive a car, operate machinery, or make any important decisions for at least 24 hours after your surgery or while taking pain medication.