

To continue your care at home, please follow these guidelines from Dr. Zaslav:

1. First meal at home should be a light meal then return to regular diet as tolerated. Drink plenty of liquids.
2. An Active Ice wrap will be provided for your shoulder. Re-freeze the wrap in your home freezer as necessary. Wear it for the first 2-3 days to decrease swelling and pain, then use as desired.
3. A sling is provided for healing. Wear sling at all times except for exercising and showering, **including sleep**, for 6 weeks. The most comfortable position for sleep postop may be in a recliner or with several pillows behind your back. You may remove the sling to take a shower and let your arm hang down by your side. You can do waist level activities (i.e. writing, typing) with your sling on.
4. You were shown exercises in the office prior to your surgery, which are also in this packet. Begin exercises on the first day after surgery, once your block has completely worn off. Remove sling before exercises. Complete exercises **three times daily**.
5. Let pain be your guide to activity; too much pain, too much activity.
6. You may shower 48 hours after surgery. Change band-aids after your daily shower. If you have steri-strips, DO NOT remove them until you are seen in the office.
7. Prescriptions for pain and inflammation will be provided. Please begin medications as instructed as soon as you arrive home. Use Tylenol for headaches. Avoid ibuprofen and other NSAIDs 1 week prior to surgery. Please inform us of any known drug allergies.
8. You will be given a follow up appointment date in 1-10 days for suture removal. Appointment dates and times are located on the yellow **POST-OP** sheet.
9. **DO NOT** swim, take a tub bath or whirlpool, or immerse your wound until after your sutures are removed and a wound check is completed in the office.
10. If you develop a fever greater than **101°**, or have unexpected redness, swelling, or drainage in your lower extremity, please call the office immediately.
11. **REMINDER:** Schedule your first physical therapy visit as instructed (yellow sheet). You will receive your physical therapy prescription the day of surgery. **Remember to take your prescription with you to your first visit.**
12. **DRIVING:** At 4 weeks postop, you may remove the sling to drive as long as you are not taking pain medication anymore. **Do not** drive with your sling on. Replace sling once you have arrived at your destination.