

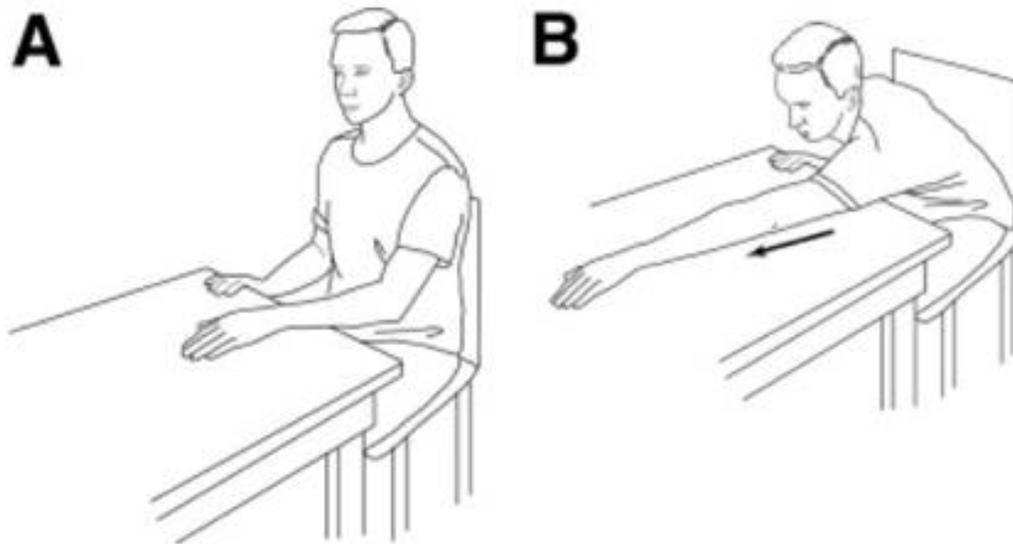
**PATIENT INSTRUCTIONS FOLLOWING SHOULDER SURGERY**  
**DR. GRIMM**

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 ‘passive’ motion exercises diagrammed on the back of this page. Do the exercises slowly and gently; your body needs time to recover from surgery. You may begin the exercises on the day after your surgery. \*\* *Dr. Grimm may suggest a different amount of activity and/or 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 remove it and use individual Band-Aids for a few days. You may use an ice bag on your shoulder immediately if you like, but be careful to keep the bandage clean and dry.
3. **HYGIENE** - If you had arthroscopic surgery only (i.e.: not an “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 new Band-Aids 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 over-the-counter anti-inflammatory medication for a short period of time.
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.

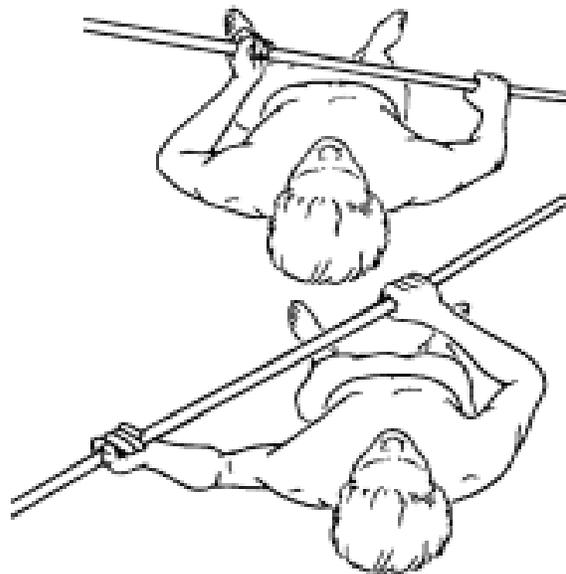
**IF ANY OF THE FOLLOWING PERSIST, CONTACT THE OFFICE:**

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

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**Table Slide** - (A) Starting position. While seated at a table, place the hand of the affected shoulder on a sliding surface (e.g., a magazine or paper towel that slides over a smooth table surface). (B) Ending position. Slide the hand forward, maintaining contact with the table, while the head and chest advance toward the table. When stretch is felt, hold for 5 seconds.



**External Rotation** - Holding a wand/dowel with the hand of the affected side, palm up, push out from your body with the other hand, palm down. Keep both elbows bent. Rotate the arm approximately 45 degrees from the neutral ("straight ahead") position. When stretch is felt, hold for 5 seconds.