A. Day of Surgery:

Diet: Begin with liquids and light foods (jello, soup, etc). Progress to your normal diet if you are not nauseated.

Medication:
Strong pain medication has been prescribed. Use as directed. Do not combine with alcohol. Be careful as you walk, or climb stairs.
1. **Percocet** (oxycodone-acetaminophen) is the strongest of the pain medications. It is a narcotic and should not be taken if driving. This also has Tylenol in it so do not take any additional Tylenol.
2. **Ultram** (tramadol) is not as strong as Percocet. However, you can take it with Percocet. It works well to alternate these medications.
3. **Mobiz** (meloxicam) is a once daily anti-inflammatory medication and we recommend that you take this daily for at least the first few weeks. Do not take additional NSAIDs like ibuprofen (Motrin or Advil) or naproxen (Aleve).

Pain medication may make you constipated.

Below are a few solutions to try in this order:
1. Decrease the amount of pain medication if you are not having pain.
2. Drink lots of decaffeinated fluids.
3. Drink prune juice and/or eat dried prunes.

If the first 3 don’t work start with 4 and 5, if they do not work then go to 6:
4. Take Colace – an over-the-counter stool softener
5. Take Senokot – an over-the-counter laxative
6. Take Miralax – another over-the-counter stronger laxative

If they don’t work call the office.

**Ice:** For the first 24 hours following surgery, use the polar care device to ice your shoulder as needed for pain relief. Fill the polar care device with ice and a small amount of water. This will help reduce the swelling and minimize the pain. Do not let the pad touch your skin, place a towel or cloth between the pad and your skin.

**Sling:** Wear your sling with pillow and waist strap at all times (including when sleeping).

**Sleep:** Sleeping in a recliner or in an inclined position can be helpful for sleeping. It will be helpful to sleep propped up with pillows and with a pillow supporting your elbow.

**Block:** You will receive a nerve block in your shoulder the day of surgery. If effective, this will numb your arm and hand. The numbness usually wears off in the middle of the night. It is a good idea to take pain medication before the block wears off to stay ahead of the pain.

**Bandage:** Leave bandage on the shoulder. Keep dry. The bandage may be slightly bloody or wet from the portals. This is normal.

B. First and Second Post-Operative Day:

**Medication:** Continue to take pain medication as needed.

**Ice:** Continue to ice your shoulder 20 minutes at a time or use the polar care machine for pain and swelling.

**Bandage:** Leave bandage on the shoulder. Keep dry. The bandage may be slightly bloody or wet from the portals. This is normal.

**Sling:** Wear the sling with waist strap at all times except when doing exercises below.
Exercises: You can begin *Hand flexion and extension exercises:* Open and close fingers completely 10 times. *Elbow and wrist flexion and extension:* You can temporarily remove the sling and bend and straighten your elbow 10 times while keeping the palm of your hand facing your body. Then bend and straighten your wrist 10 times. *Scapular Retraction:* Pinch shoulder blades together and hold for 10 seconds while keeping palm of operated hand against your stomach. Do all of these 3 times a day. Go back in sling when complete.

**If you had a **biceps tenodesis** (tendon transfer) then NO active elbow flexion or supination (palm up).**

C. Third Post-Operative Day Until Return Visit:

**Medication:** Continue to take pain medication as needed.

**Ice:** Continue to ice your shoulder 20 minutes at a time or use the polar care machine for pain and swelling.

**Bandage:** You may shower immediately after surgery or when you feel comfortable. Shower with your surgical bandage in place. Please keep your dressing/bandage in place until the first post-operative visit. DO NOT put any ointments, creams, lotions, or bacitracin on incisions. You may shower with plastic wrap (Glad® Press and Seal works well) over your dressing and secure with tape when showering. If dressing/incision sites get wet, gently pat the area dry. You may remove sling when showering, but keep arm in front of your body and DO NOT use arm when showering. Place sling back on when done showering. DO NOT soak your shoulder in water or go swimming in a pool or the ocean.

**Exercises:** Continue exercises described above.

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**Appointment:** You should make a follow-up appointment for approx 10-14 days from surgery. Please call the office if you need an appointment or to confirm your appointment at 608.756.7107.

At this appointment we will remove your sutures, go over operative photos, discuss use of sling, and discuss physical therapy and give a referral to physical therapy if needed.

**Shoulder Response to Surgery:** Your shoulder will be swollen. It may take a week or longer for all of this to go away. It is also common to notice bruising around the shoulder and upper arm as the swelling resolves. If excessive bleeding occurs, please notify my office.

**Driving:** You may not drive while taking pain medication. In addition, if it is your right arm that had surgery, you will not be able to drive for approximately 6 weeks after surgery or until the sling is removed.

**Problems:** If you have any problems or questions, please call my office.

**Additional information:**
For an informative video regarding your surgery please visit: (Please note this video is only for your information and may not demonstrate the exact details of your personal surgery)
www.sportsmed.org
➔ Patient tab
➔ Surgical animation
➔ Shoulder (then choose your surgery)

**On the bottom right of this webpage you will find an informative video of post-op instructions for your upcoming surgery.**
angeline.mercyhealthsystem.org

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