

**ROTATOR CUFF/LABRAL REPAIR/BICEPS TENODESIS/DISTAL CLAVICLE
EXCISION POST-SURGERY INSTRUCTIONS - DR. JUSTIN SCHUPBACH**

WOUND CARE

1. Cryotherapy/ICEMAN (continuous icing machine) protocol: Use 10 to 14 hours per day until follow-up or use ice packs 20min per hour while awake. DO NOT put the ICEMAN pad directly against your skin (use a thin towel/clothing).
2. Remove outer bandage & loose gauze in 3 days. Throw away loose gauze. Leave small white sticky bandages in place.
3. Keep incisions clean and dry following surgery for **72 hours**. It is then OK to shower **UNLESS** your incisions are draining or you are advised not to get it wet by Dr. Schupbach. No tub baths, swimming pools, hot tubs, etc. for a minimum of 3 weeks following surgery. DO NOT scrub or pick off the white sticky bandages or paper tapes (SteriStrips) underneath.

ACTIVITY

4. Sling: wear full time (including sleep) except for showering and exercises (see # 6)
5. Avoid exercising or strenuous activities (other than those outlined in #6) until you are seen for your follow-up appointment.
6. Exercises: Perform all exercises 6 times a day (start today or tomorrow): neck, elbow, wrist, hand range of motion (pictures below).
7. Schedule physical therapy to start 4-5 days following surgery as per the PT protocol included with discharge materials. Call to schedule this ASAP.
8. NO driving while wearing a sling. When going back to driving, be sure to test braking/acceleration maneuvers in an empty parking lot before entry into any traffic areas.
ABSOLUTELY NO DRIVING WHILE TAKING NARCOTICS! (i.e., Tylenol #3/codeine, Norco, Vicodin, Percocet, oxycodone, etc.)!

DISCHARGE MEDICATIONS:

1. Stool softeners such as Colace (Ducosate Sodium) or Senokot-S, 2 tablets: take once a

day while taking narcotics. These medications do not require prescription.

2. **Oxycodone 5mg:** ½ to 2 tablets every 4-6 hours as needed based on your pain.

4. **Tylenol (acetaminophen) 325mg:** 2 tablets, 3 times per day (no prescription).
Maximum 3000mg in 24hrs from all sources.

5. Magnesium 400mg, take one pill once per day on everyday that you take oxycodone.

6. Check your discharge package and prescriptions to see if any other medications were prescribed for you.

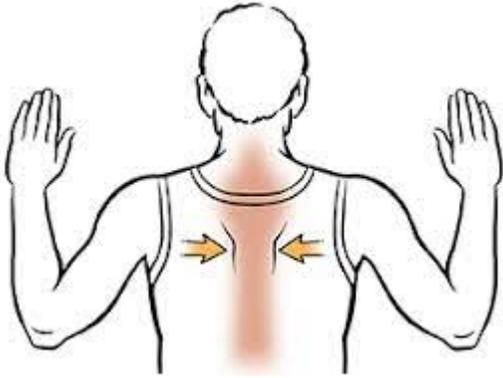
DIET: If no nausea, clear liquids should be taken initially. Then progress to solid foods when clear liquids are tolerated. No alcoholic beverages for at least 48 hours or while taking pain medications. Drink plenty of fluids and eat high fibre foods to prevent constipation while taking prescription pain medications.

FOLLOW-UP: The surgery scheduler should have already called you with your post-op appointment. If not, please call.

EMERGENCY: Call or return for any fevers (temperature greater than 101°F or sustained fevers greater than 100.5°F that haven't resolved within 3 to 4 days following surgery) or chills, increasing pain, swelling, redness, calf pain, drainage (especially if yellow, green, or foul smelling), excessive bleeding, chest pain, shortness of breath. After hours or in an emergency, go to your local urgent care center, the ER or dial 911.

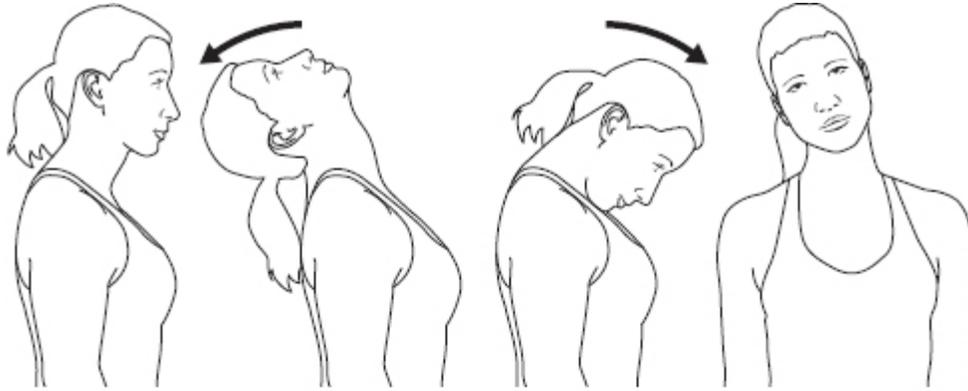
EXERCISES

Scapular Squeezes



Stand or sit upright, with head up and shoulders tall. Keep your arm in the sling. Slightly elevate both shoulders, then pinch/squeeze shoulder blades together. Hold for 2-3 seconds, then relax. Do 3 sets of 25 reps.

Neck range of motion

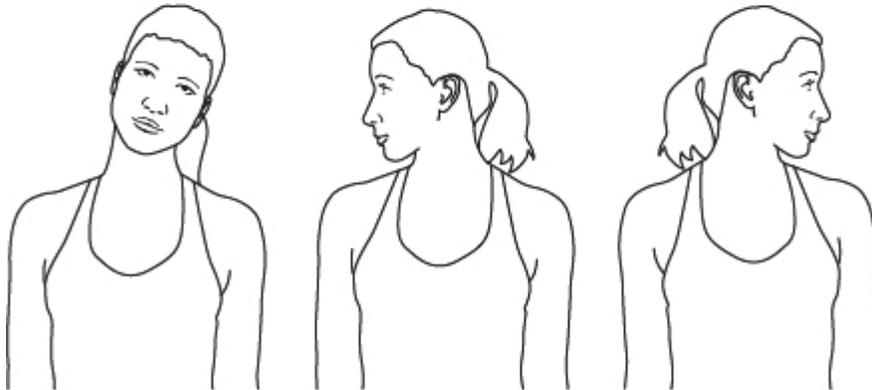


Neutral

Extension

Flexion

Right lateral flexion

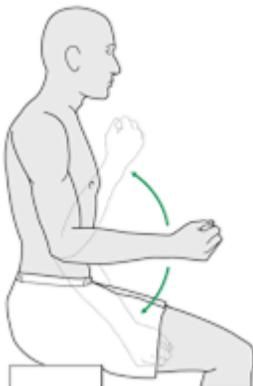


Left lateral flexion

Right rotation

Left rotation

Elbow range of motion



Remove the sling. Sit or stand as comfortably. Without moving the shoulder, move the elbow joint using the unaffected arm for assistance. Keep your arm by your side. Put the sling back on after.

Wrist range of motion

