Patient Name: [Patient Name]

Date of Surgery: [Date]

Surgeon: [Surgeon Name]

Post-Operative Discharge Instructions

1. Wound Care

- Keep the surgical dressing clean and dry.
- You may remove the outer bandage on [Date], but keep the waterproof strips (Steri-Strips) in place.
- Do not soak the incision in a bath, pool, or hot tub until cleared by the surgeon.

2. Sling and Immobilization

- Wear your sling at all times, including during sleep.
- Only remove the sling for showering and performing prescribed exercises.
- Do not attempt to lift your arm using your own muscles (No active motion).

3. Pain Management

- Take prescribed pain medications as directed. Do not wait for pain to become severe before taking medication.
- Apply ice to the shoulder for 20 minutes every 2 hours while awake to reduce swelling.

4. Activity Restrictions

- No lifting, pushing, or pulling with the operative arm.
- No reaching behind your back.
- You may use your hand and wrist for light tasks like typing or eating, provided the elbow remains at your side.

5. Physical Therapy

- Start your physical therapy appointments on [Date].
- Perform the following home exercises [Insert Number] times per day: Pendulum swings and grip strengthening.

6. When to Call the Doctor

Contact the office immediately if you experience:

- Fever over 101F (38.3C).
- Sudden, severe shortness of breath or chest pain.
- Excessive redness, warmth, or drainage at the incision site.
- Persistent numbness or tingling in the hand.

7. Follow-up Appointment

Your follow-up visit is scheduled for: [Date/Time] at [Location].

Signed: _____

Date: [Current Date]