



Brian P. Davis, MD
ABOS Board-Certified Sports Medicine,
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Outpatient Post-Operative Discharge Instructions for Dr. Davis

Dressing Care

- Keep the dressing clean and dry (cover with plastic bag, saran wrap while showering, or shower below shoulder level)
- Dressing may be removed the THIRD day AFTER surgery (the sticky tape, as well as gauze pads, and yellow dressing) if needed otherwise this can remain until your follow up appointment at 10-14 days postop.
- Cover the stitches with band-aids or other occlusive dressings if the dressing is changed. The stitches may get wet, but do not submerge in water or have direct water flow on the shoulder for long periods of time

Use of Sling/Activity

___ Wear the sling for comfort only. Discontinue sling as soon as comfortable

___ Wear the sling when active during the day, when traveling, and when out in public. Also wear the sling while sleeping. You may remove at rest, letting the arm rest in your lap or dangling by your side (to shower)

___ No lifting or using force greater than 1 lb to the surgical extremity

___ Do not flex the bicep (bend your elbow) on your own. Use the other hand for assistance

Range of Motion Exercises

- Begin the day after surgery
- Exercises should be performed 2-3 times per day, 4-5 repetitions each time
- The stopping point with exercises is your comfort level, or the range of motion limit given if not uncomfortable. Do not push past strong pain, stop the motion when you feel a stretch or begin to experience discomfort.
- Please reference the attached handouts for Passive Range of Motion (PROM)

Follow- up Care

- Follow up in Dr. Davis office 10-14 days after your surgery
- If you do not have an appointment, please call **303-321-1333** as soon as possible to do so
- Please call the office if you have any questions prior to your follow up appointment