



Brian P. Davis, MD
ABOS Board-Certified Sports Medicine,
Shoulder, Knee, & Elbow Surgeon
office: 303.321.1333
BrianDavisMD.com

Shoulder Surgery Postoperative Care Instructions

SLING:

- It is required to wear your sling.
 - If you had a rotator cuff repair, pec repair, AC recon, labral repair or clavicle fracture you will wear your sling for 6 weeks.
 - If you had a shoulder scope, you will wear your sling for comfort only.
- It is required to sleep in your sling.
 - It is recommended to sleep in a reclined position or in a recliner, however it is OK to lay flat if you remain in the sling.
 - Make sure your sling is sitting at 90 degrees of elbow flexion at all times. Avoid having your sling positioned in a downward position to avoid swelling in the hand.

SHOWERING:

- Once your nerve block has worn off you may shower.
- Remove your sling and white socks. After showering, please place both back on.
- Please cover your stitches/dressings with Saran wrap or waterproof band aids. Keep the dressings clean and dry.
- Hang your arm down to your side and use your non-surgical arm to shower. Alternatively, a simple sling can be purchased at your pharmacy for use in the shower only and can be hung out to dry afterwards.

TED HOSE STOCKINGS:

- You should wear the white TED stockings on both legs for 14 days to reduce the risk of a blood clot.
 - You may take them off when you shower.
 - You may take them off to wash them.
 - After showering or washing them please put them back on both legs.

NSAIDS/ANTI-INFLAMMATORIES:

- It is generally acceptable to take NSAIDs (Motrin [ibuprofen], Aleve [naproxen], Tylenol [acetaminophen]) after your surgery. See the pain management handout for more information.

PHYSICAL THERAPY:

- Depending on your procedure you may start physical therapy the next day after your procedure.
 - If you're having a pec repair, AC recon or had a clavicle fracture; physical therapy will start 4-6 weeks after your procedure.
 - If you're having a rotator cuff repair or labral repair physical therapy will ideally start within 1-2 weeks after your procedure.
 - All other shoulder procedures will start physical therapy the next day after your procedure.
- Your rehab program is for 1 or 2 days a week (based on PT benefits through your insurance policy) for duration of at least 6 weeks and likely between 4-6 months total.