DIET: To minimize nausea, start with clear liquids (Coke, Pepsi, 7-Up, Gingerale, coffee, tea, water, or apple juice). If tolerated, advance to soup, crackers, toast and Jell-O. When these are tolerated, advance to a regular diet.

DRESSING
- Keep the dressing clean and dry. Remove the dressing the second day after surgery, and leave open to the air, or replace with Band-Aids.

BATHING:
- You may bathe or shower 2 days after surgery. Simply dry off the stitches when done and leave open to the air. Prior to this, keep the wound dry and use a sponge bath.

ACTIVITY:
- Sleep as upright as possible (recliner) for the first few days to help diminish pain and swelling.
- Ice should be used for twenty minutes, four to six times a day to control pain and swelling. Apply additionally as needed, especially after exercises, for the first two to three weeks. Longer duration of cold therapy is very helpful the first few days.
- Sling: Wear at all times except for bathing or gentle exercises as described.
- Physical Therapy: Will begin after your first post-op office visit unless otherwise noted.
- Exercises: You can remove the sling to move your elbow, wrist and hand 2 to 3 times a day. You can gently move your shoulder at your side with your other hand (passive range of motion) just enough to keep the shoulder loose.

MEDICATIONS:
- Pain medication: Narcotic medication (such as Vicodin or Percocet) can be taken, as needed every four to six hours as needed for pain.
- DO NOT take Tylenol with Percocet and the Vicodin.

PROBLEMS TO REPORT
- Fever greater than 101.5°F or 38.5°C
- Incision becomes very red, swollen, shows draining pus, or red streaks.
- Unable to urinate in 8 hours after surgery

RETURN APPOINTMENT: Your post-operative appointment with Dr. Redziniak will be scheduled between 10 and 14 days following your surgery.
COMMONLY ASKED QUESTIONS
POST-OPERATIVE FOR ROTATOR CUFF REPAIR, CAPSULAR SHIFT or SLAP REPAIR

1. What about the dressing?
   • The dressing is to be removed the second day after surgery. Gently cleanse with rubbing alcohol if drainage is persistent and apply a small amount of antibiotic ointment daily. Replace the dressing with light gauze or with Band-Aids. Do not pull on the stitches and do not remove the small tapes (steri-strips).

2. What about bathing?
   • On the second post-operative day you may shower or bathe as usual. You may remove the dressing or band-aids at this point and leave them off. You should dry the area by blotting with a towel gently. Leave open to the air until the sutures are removed at your post-operative visit. The band-aids are optional but can be helpful to prevent irritation from the stitches rubbing against clothing.

3. What about ice and elevation?
   • The ice and elevation are very effective to reduce pain, swelling, and inflammation. Elevation should be, as a rule, higher than your heart. For shoulder surgery, this means being more upright than flat. Sleeping in a recliner or propped up on multiple pillows is very helpful for the first several days or until pain improves. For ice, we suggest a mixture or ice and cold water in a Ziploc bag, placed over top of a dry washcloth to help absorb the moisture on the outside of the bag. This can be done 20 minutes at a time, 4-6 times a day. In addition, you may use ice anytime the shoulder is painful. Expect to be using ice intermittently for the first 1 to 2 weeks. This should be done especially after exercises.

4. What about swelling?
   • Expect swelling and some pain as a normal process after surgery. The ice, elevation and time will eventually allow this to subside. Some swelling can remain up to 6 weeks, and this is normal.

5. What about pain medications?
   • Nausea is very common with these types of medications, and can occur with all varieties of pain medications. Taking the medication with some food or liquid in your stomach is best. In general you should use ice and elevation first and only use the pain medication if this is unsuccessful. Try to minimize the pain medication. Should you have problems with severe stomach upset or develop a rash, itching or generalized swelling, stop the medication and call your doctor immediately to change your medication. All of these medications can be constipating. Anticipate this with a high fiber diet, juice and possibly stool softeners.

6. What about work?
   • Unless your doctor notes otherwise, you can generally return to work when comfort permits. For most people this is within a week or two.

7. What about driving, taking a train or flying?
   • In general, you should not drive while using a sling. You must be the judge of whether you feel comfortable enough to operate a motor vehicle safely, but there are no forced restrictions in this regard. You cannot be taking pain medications while driving as this is considered “driving under the influence.”

8. What about exercise?
   • Until you return for your first post-op visit, you should exercise only enough to prevent stiffness. Remove the sling 2 to 3 times a day while seated to straighten the elbow fully, and flex and extend the wrist and
hand. While keeping the operative arm fully relaxed, use the other hand to move the arm gently forward and to the side in a gentle circular motion. Also, with the sling on or off, bend forward at the waist and swing the upper body to allow the arm to rotate through a gentle circle (pendulum exercises-see below). Your operative shoulder muscles must be kept relaxed for all of this (passive range of motion exercises).

9. What about the sling?
- For any type of repair (i.e. rotator cuff, bankart, labrum), wear the sling full-time until your first post-op visit. Remove it only to bathe or for the exercises described above. You may also remove the sling to sleep, propping your arm on pillows to limit movement. Think of these few weeks as time to rest the shoulder to let the repair heal.

10. What if it really hurts too much?
- Always try more elevation, high above the heart, and ice. If necessary, you can take your narcotic pain medication on an every four-hour schedule during the first couple of days.