

Jennifer L. Cook, MD

Florida Joint Replacement and Sports Medicine Center
5243 Hanff Lane
New Port Richey, FL 34652
Phone: (727)848-4249 Fax: (727) 841-8934

DISCHARGE INSTRUCTIONS SHEET ROTATOR CUFF/LABRAL SURGERY

DAY OF DISCHARGE:

1. You should already have a follow-up appointment. If you do not, be sure to call Dr. Cook's office to schedule one.
2. Remove the dressing 3 days after surgery. Wear the sling at all times with the abduction pillow. You may remove it for hygiene but be sure to keep your arm abducted (out from) your body.
3. Place a plastic bag full of ice on top of shoulder for 20 minutes every two hours.
4. Sleep upright in bed with extra pillows with a firm pillow under your elbow for maximum comfort; lying down flat is usually more painful.
5. Take pain medication as needed (SEE BELOW).
6. Once the incision sites are dry, you may shower, but keep direct flow of water off the incisions and do not soak in a tub or go swimming.
7. You should see a physical therapist within 48 hours after your surgery to begin exercises as outlined on therapy sheet.

Medications:

Vicodin: (pain killer) 1-2 tabs every 4-6 hours as needed for pain. You may also take Tylenol instead of Vicodin for pain, but you may not take them together.

Physician Name Jenifer L. Cook, MD Signature _____

I hereby acknowledge receipt of the instruction indicated above. I understand that I must make arrangements for my post-operative follow-up care with Dr. Cook as instructed by her.

Patient Signature _____

Witness _____

Relationship: _____