



Valley Bone & Joint Specialists, LLC

Post Operative Instructions Shoulder Surgery

Diagnosis: _____

Remove dressing in 2 days

Dress incision with 4 x 4 gauze or band aids

Clean incisions with Hydrogen Peroxide daily

Ice & Elevate your shoulder

Use Sling / Immobilizer as directed

Resume your regular home medications

You can expect some slight drainage from incisions

Pull pain pump catheter in 3 days if in place

Take your pain medications as prescribed

You may take Advil or Ibuprophen for additional discomfort unless otherwise instructed

Call for an appointment in 10 days if not already scheduled

Resume your regular diet

For the 1st 2 days shower with incisions covered & keep dry and arm near your side

You may shower in 3 days without a dressing on the shoulder; keep incisions as dry as possible

Any problems call the office and you will be directed to the doctor on call

4850 E. Baseline Road Suite 118 Mesa, Arizona 85206
Tele: 480 461 0047